

Title:

Circuit Training: Get Fit Without Spending Too Much Time and Money

Word Count:

633

Summary:

Some individuals who want to stay fit do not have the luxury to spend time doing workouts. In

Keywords:

stress, metabolism, diet

Article Body:

The high-tech, high speed nature of 21st Century living has made exercise and other physical a

Due to their hectic schedules, many people are now seeking ways to improve their physique, dev

Circuit training is an efficient and effective form of conditioning training that works well f

Advantages of circuit training may include the following:

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Develop strength and endurance

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Ideal form of training for many kinds of sports

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Can be adjusted for appropriate age, fitness, and health of individuals

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Exercises are simple enough to make individuals feel a sense of achievement in completin

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A wide range of exercises are available that will suit an person's preference

Disadvantages of circuit training may include the following:

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Many exercises require equipments (dumbbells, barbels, etc.)

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Ample space is required to perform circuit exercises

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Use of some equipments require appropriate health and safety monitoring

To save space and perform exercises effectively, those who want to engage in circuit training

Guidelines for circuit training for general health may include the following:

Load Variable

Number of exercises eight to 12

Time per station 30 ~ 90 seconds

Number of circuits per session one to three

Rest interval between sets 30 ~ 90

Rest interval between circuits two to three minutes

Speed of execution medium to fast

Frequency two to three times a week

Many people who want to improve their health do not realize the value of circuit training. Thi

Before engaging in circuit training and other physical activities, individuals are encouraged

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