

Title:

Circuit Training: The Best Workout for Today's Busy Lifestyle

Word Count:

521

Summary:

Because present-day active and busy lifestyle, many individuals do not have the time to include

Keywords:

stress, metabolism, infection, diet

Article Body:

Everyone knows the value of exercise and other physical activities to one's health. Unfortunately

A great way to improve one's health and physique is by doing a workout program called

Circuit training may improve strength, muscle endurance, and metabolism because of con

The advantages of circuit training includes:

- Development of strength and endurance
- Ideal form of training for many kinds of sports
- Can be adjusted for appropriate age, fitness, and health of individuals
- Exercises are simple enough to make individuals feel a sense of achievement in completing
- A wide range of exercises are available that will suit an person's preference

Disadvantages of circuit training may include the following:

- Many exercises require equipment (dumbbells, barbells, exercise ball, etc)
- Ample space is required to perform circuit exercises
- Use of some equipment require appropriate health and safety monitoring

Just like other exercise programs, circuit training should be done properly and in mod

Before beginning circuit training and other physical activities, individuals are encour

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