



CAVEMAN CIRCUIT TRAINING



CT201200846

BEGINNERS
INTERMEDIATE
ADVANCED

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cavemantraining.com.au



OVERVIEW

CT201200846



Program #:	CT201200846	
Program name:	Balls	
Number of stations:	8	
Participants exercise:	in pairs	
Circuit allows for:	16 participants max	
Recommended time per station:	45 seconds	
Approximate number of rounds:	4	
Total circuit time:	27 to 30 minutes	
Recommended break after each round:	10 to 15 seconds	
Program type:	Conditioning / Cardio	
Level:	Beginners	
Muscles:	Glutes Quadriceps Calves Hip Flexors Chest	Shoulders Triceps Abdominals Obliques Lower Back





INTRODUCTION

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This workout is appropriate for beginners and those getting back into training, but that does not mean it'll be easy. We've tagged this particular circuit training workout, "Balls," because most of the exercises that are assigned utilize some type of weighted ball. There are eight different exercises in this program and each of them is complex and functional, meaning they develop muscular strength and tone by emphasizing improvements in human movement. This session is not just focused on isolating particular muscle groups. When using the balls as your weighted implements, your core musculature must get involved in order to maintain your stability and keep you on balance. As a result, your abdominals, lower back, obliques and pelvic muscles will develop strength and tone.

All of our workouts are designed to push you both physically and mentally, and this circuit is no different. You'll perform one complex exercise for 45 seconds and then immediately move into the next exercise taking just a 10 to 15 second break in between each round. As a result, in just 27 to 30 minutes, you'll be able to get through about four rounds of the eight exercises and your heart rate will remain elevated in the red zone throughout the entire session.

You'll work with a partner as you make your way through the stations. Some of the exercises you'll perform alone and some will require that you perform movements together. You'll find that working with a partner will help keep you motivated and will push you to levels you wouldn't normally reach alone!



See our YouTube channel for videos
www.youtube.com/executiveresults



THE CIRCUIT

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STATIONS

01. Deadball overhead tricep toss 20lbs
02. Slamball right hand overhead toss and half circle 20lbs
03. Slamball right hand overhead toss and half circle 20lbs
04. Slamball partner throw & squat jumps
05. Slamball partner throw & burpee
06. Tyre jump in/on
07. Tyre overhead and shuffle on large tyre
08. Wallball jump & throw

THE CHALLENGE

No challenge in Beginners



EXERCISES (1/2)

CT201200846



DESCRIPTION & MUSCLES

Deadball overhead tricep toss 20lbs

Stand and hold a deadball with both hands over your head with your arms full extended. Bend your elbows to bring the ball down back behind your head, and then extend your elbows to toss the medicine ball upwards. Catch the ball. Immediately bend your elbows to perform the next repetition.

Muscles: Triceps

Slamball right hand overhead toss and half circle 20lbs

Hold up a 20lb slamball with your right hand. Toss the ball up in the air. Use both hands to catch the ball. Immediately upon catching the ball, lower it down towards your right hip, then swing it towards the center of your body with your arms fully extended and up to your left hip, causing the ball to move through a half circle pathway. Bring the ball back to your right hand and immediately throw the ball up again in the next repetition.

Muscles: Triceps, Abdominals, Obliques, Lower Back

Slamball left hand overhead toss and half circle 20lbs

Hold up a 20lb slamball with your left hand. Toss the ball up in the air. Use both hands to catch the ball. Immediately upon catching the ball, lower it down towards your left hip, then swing it towards the center of your body with your arms fully extended and up to your right hip, causing the ball to move through a half circle pathway. Bring the ball back to your left hand and immediately throw the ball up again in the next repetition.

Muscles: Triceps, Abdominals, Obliques, Lower Back

Slamball partner throw & squat jumps

Stand two to three meters from your partner with your feet positioned shoulder-width apart. Hold a slamball with both hands at your chest. Throw the ball to your partner, or as far as you can towards your partner. Immediately after you release the ball, perform a squat jump. Your partner will catch or fetch the ball. They will throw the ball to you and do the same.

Muscles: Chest, Shoulders, Triceps, Glutes, Quadriceps, Calves, Abdominals



EXERCISES (2/2)

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DESCRIPTION & MUSCLES

Slamball partner throw & burpee

Stand two to three meters from your partner with your feet positioned shoulder-width apart. Hold a slamball with both hands at your chest. Throw the ball to your partner, or as far as you can towards your partner. Immediately after you release the ball, perform a burpee. A burpee is performed by dropping into a push up position and then jumping your feet up towards your hands and exploding up into a jump squat. Your partner will catch or fetch the ball. They will throw the ball to you and do the same.

Muscles: Chest, Shoulders, Triceps, Glutes, Quadriceps, Calves, Abdominals

Tyre jump in/on

Stand inside the tyre. Explode into a jump, landing on top of the tyre with both feet, and then immediately take off again and jump back inside the tyre.

Muscles: Glutes, Quadriceps, Calves

Tyre overhead and shuffle on large tyre

Grip a small tyre with both hands and hold it over your head. Stand up onto a large tyre that is set flat on the ground. Position your feet so that you're in a split stance, with one foot placed at the back of the tyre and the other foot at the front of the tyre. While holding the small tyre over your head, shuffle your legs back and forth, bringing your front foot to the back of the tyre and your back foot to the front of the tyre.

Muscles: Abdominals, Obliques, Lower Back, Shoulders, Glutes, Hip Flexors

Wallball jump & throw

Stand in front of a large wall and hold a wallball with both hands at your chest. With your feet shoulder-width apart, lower down into a squat and then explode up into a jump, simultaneously throwing the ball up as high as you can against the wall.

Muscles: Glutes, Quadriceps, Calves, Shoulders, Chest, Triceps



DISCLAIMER

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- ¹ Specific detail not included, but a warm up and cool down is always recommended, duration and type depends on participants and exercises.
- ² Suggested rounds, break time and duration of program is a recommendation only, please adjust any times provided accordingly depending on the fitness of your clients.
- ³ Should you have any feedback, improvements or additions to this program, we want to hear from you, please email us on feedback@cavemantraining.com.au with the subject line including the program number.
- ⁴ If you have any doubts about a certain exercise, please consult a sports book that explains the exercise in detail or another fitness professional.
- ⁵ Always do the exercises yourself before you put your clients through it.
- ⁶ Adjust the program to your clients' needs and your available equipment if required.
- ⁷ Our YouTube channel provides a lot of information and demonstration videos, feel free to use it as an additional resource <http://www.youtube.com/user/executiveresults>
- ⁸ If you have any videos of your circuit feel free to submit them for constructive criticism or to be included in our YouTube channel videos@cavemantraining.com.au
- ⁹ Although we promote training people till they puke or break and not give up, this never means that you should train your clients while or till they are injured, if a client feels they are not able to perform an exercise properly or feel like they are going to injure themselves, they should communicate this to you and you should adjust or stop the program.
- ¹⁰ When working in pairs, always try to match clients up with people of the same fitness and other similar characteristics.
- ¹¹ Recommend or insist on a longer rest period if your participants look like they might endanger themselves when driving after the workout.
- ¹² Signing up for the weekly Caveman Circuit Training Program does not give you the right to promote yourself as a Caveman Trainer, or advertise your program as being part of Caveman Circuit Training Australia. You are allowed to display the Caveman Methods Logo as advertised here <http://www.cavemantraining.com.au/caveman-workouts.cfm>
Contact us if you require a high resolution version.



CIRCUIT INFORMATION

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01.

Always recommend that participants eat something light before their workout. Participants should also make sure that they are well hydrated before each workout. Newcomers to the circuit sessions often make the mistake of not eating before coming for their workout, only to hit the wall half-way through the workout. Having a small meal of moderate to slow-digesting carbohydrates and protein one to two hours before exercise will ensure that participants have enough fuel to complete the workout. One to two hours should also be enough time for the food to be digested. Also, recommend that participants consume approx half a litre (14 to 20 oz.) of water two to four hours before their workout. Participants will more efficiently cool themselves and will be able to provide their muscles with more fuel if they're properly hydrated. Explain to them that without the fuel from food and proper hydration their body cannot perform and as a result they will not receive the full benefit of the workout.

Note: It's a good idea to share this information with participants prior to them arriving for the circuit workout.

02.

Each station should be marked with a cone so that those working out can quickly spot and recognize the location of each station. Participants will be extremely fatigued during workouts so be sure each station is easy to find.

03.

Organize stations so that there is a logical flow to the layout. This will allow participants to quickly and easily move from one station to the next and will minimize confusion. You can use a U formation, circular, zig-zag or other format that suits the layout of your premises. If any part of the circuit layout is not obvious, use chalk to draw arrows to the station, or make signs with clear instructions. You should also point out where all the stations are, including those that may not be immediately obvious, during the initial instructions prior to the workout.

04.

Clearly label each station with the name of the exercise to be performed. In many cases, the equipment for the exercises will naturally mark out the exercise station. In cases where there is no equipment for the exercise, use chalk on the floor or make a sign with the name of the exercise.

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CIRCUIT INFORMATION

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05.

To announce the change of rounds, count down from 10 or 5 and use the word “change” as the cue. For example you would say, “5, 4, 3, 2, change.” To minimize confusion, do not use the same cue for any other activity on the circuit. Be sure to project your voice at a loud enough volume so that each participant can clearly hear you over their heavy breathing and any moving equipment. Consider shouting “change” at a higher volume than your countdown, so that everyone understands that it’s time to move to the next station. A firm and assertive tone would also galvanize participants into moving to the next station swiftly.

06.

When participants reach the final station in the circuit, announce this clearly and explain that you expect participants to give their all and to finish the workout strong. As a trainer, encourage your clients as necessary to ensure they use every last bit of reserve energy in their tank. Possible encouraging remarks include reminding participants that they’ll be done for the day after this final station, and that they will feel a great sense of accomplishment if they push through. Remark how finishing strong in spite of their fatigue will develop their mental toughness.

07.

The cue for the end of the session is “stop training”. Participants will have the tendency to want to immediately sit down and rest and/or to hydrate themselves. Allow participants to get water, but prevent them from sitting down or stopping their activities abruptly. Instead, gather the group and take them through a structured cool down. Also use this time to stress the importance of post-workout nutrition. Although participants may not feel like eating immediately after the workout, remind them that taking in a meal that consists of both protein and carbohydrates within 45 minutes to an hour of exercise will help to develop muscle mass and improve recovery. Failure to eat after exercise will result in the body breaking down muscle tissue for fuel. Participants who struggle to eat a full meal so soon after training can consider having a small post-workout meal within an hour of the workout to prevent catabolism, and a larger meal an hour or two after that. Remind participants to continue to hydrate themselves throughout the day to replace lost fluids, and advise beginners to keep moving and to stretch following workouts to minimize soreness.

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08.

We recommend a maximum of 10 to 12 people per trainer so that the trainer can effectively supervise the participants, and ensure good form. The trainer would also be better able to motivate and encourage the group. If your group is larger, we recommend getting another trainer on board to help run the circuit.

09.

In beginner circuits, place greater focus on good form. Rather than aim for exercise volume, ensure that participants are performing each exercise with the correct technique. Spend a greater amount of time going over instructions at the start of each beginner session than you would prior to intermediate classes. Feel free to increase breaks in between each round to reiterate teaching points and better explain exercises if participants are having problems with the technique at a particular station or stations.

10.

As a trainer you are required to keep the circuit going. Clearly call out cues. Direct and motivate participants. Circulate around the circuit floor, and correct technique and form as you walk through the various stations. Never leave the workout area.

11.

Keep an eye out for participants who are not pushing themselves to perform at near-maximal effort. Encourage them as necessary. However, always be sure to first ask the participant if they're suffering from an injury so that you don't mistake 'going easy due to an injury' for 'not pushing themselves'. People that do not put in the effort require a bit more motivation and pushing. Stand next to them and ask them why they're training. Ask them that if they want to be as fit as they can be, and tell them what they can do to push themselves more and achieve their potential.

12.

If a participant lacks the core strength necessary to maintain a taut torso during exercises like push-ups, renegade rows and mountain climbers, do not allow them to participate in the exercise. Instead, have them get into a front static plank position. Have them hold this position throughout the duration of that station. This will develop their core strength. Once they're able to maintain proper form in the static front plank position, they can begin performing the exercises for part of the duration of the station. The participants can slowly progress to performing the exercise for the full duration.

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13.

Often we find that participants struggle with proper push-up technique. Many times they will perform repetitions too quickly, without achieving the full range of motion. If assisting a male participant, place your fist on the floor directly under their chest and challenge them to touch your fist with their chest during each repetition. This will make them slow down and focus more on range of motion and technique. For females, a cup can be utilized instead of your fist.

14.

Be sure to highlight to participants that when performing deadlifts or exercises where they are required to pick weights up, they should maintain a straight back throughout the movement. Stress to them that they should keep their eyes up and bend their knees in a half-squat when picking up the weights. This will help them keep their back straight and decrease their risk of injury.

15.

Many of our workouts utilize a squatting movement to develop the major muscles in the legs. To decrease the stress placed on the knees, explain to participants that their knee joints should never extend forward beyond the vertical line of their toes. At the bottom of the squat, their thighs should at least be parallel to the ground. To help them understand and master the proper squat technique, have them push their hips back behind them prior to bending their knees. You can tell them to imagine that they are about to sit down on a bench or even a toilet seat that's dirty.



EQUIPMENT / SHOP

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ADVANCED INTERVAL TIMER iPhone App

Executive Results and The TOUGH Spot gym have brought out an interval timer which is especially designed to work with our Caveman Training Circuits. You can download the app for your iPhone from the Apple App Store, just search for "Advanced Interval Timer".

TORNADO

The Tornado equipment can be bought directly from Executive Results for \$295 Inc GST

Shipping

Brisbane Metro	\$15.00
Gold Coast	\$20.00
Sunshine Coast	\$20.00

Major cities

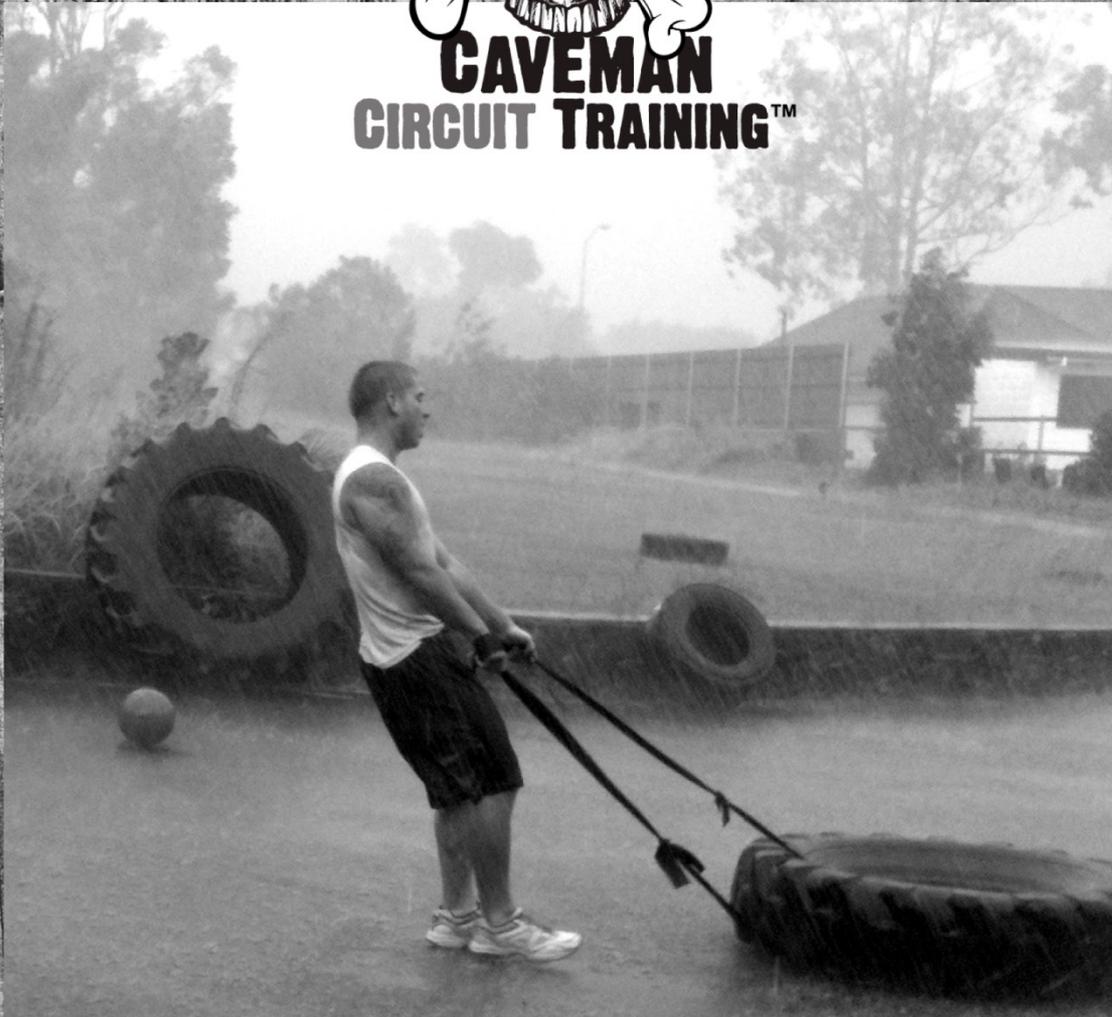
Mackay to Sydney	\$27.50
Melbourne, Adelaide & Tasmania	\$33.00

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