



# CAVEMAN CIRCUIT TRAINING



  
CT201200849

**BEGINNERS**  
**INTERMEDIATE**  
**ADVANCED**

www.



cavemantraining.com.au



# OVERVIEW

CT201200849



<b>Program #:</b>	CT201200849	
<b>Program name:</b>	Core Construction	
<b>Number of stations:</b>	15	
<b>Participants exercise:</b>	solo	
<b>Circuit allows for:</b>	15 participants max	
<b>Recommended time per station:</b>	45 seconds	
<b>Approximate number of rounds:</b>	5 to 6	
<b>Total circuit time:</b>	27 to 30 minutes	
<b>Recommended break after each round:</b>	10 to 15 seconds	
<b>Program type:</b>	Cardio / Core	
<b>Level:</b>	Beginners	
<b>Muscles:</b>	Abdominals Obliques Calves Glutes Hamstrings Quads	Biceps Shoulders Triceps Back Chest Forearms





# INTRODUCTION

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This workout has been designed for beginners to the Caveman style of training. It's the perfect circuit for participants who want to build up their cardiovascular fitness, and improve their core conditioning and overall strength.

There's a good mix of exercises that will keep your rate up, while building up your core at the same time. You'll be taxing your cardiovascular system when you use the stationary cycle, and perform other plyometric moves like mountain climbers and skipping. Not only will you be improving your stamina with these moves, your core will be actively engaged throughout. There are also some exercises that will target your core muscles exclusively. In particular, you'll be working the abdominals and obliques very hard with exercises such as torso twists and V-crunches. It's for this reason that we've called this workout "Core Construction".

Do this circuit 5 to 6 times, spending 45 seconds at each station, with no breaks in between. We'll give you a short 15-second break between each round to catch your breath. The exercises are challenging without being overly intimidating, and most beginners will be able to complete the circuit if they push themselves hard. Do this circuit often enough, and you'll strip off fat as you build muscles in your torso. Your six-pack won't be far off!



See our YouTube channel for videos  
[www.youtube.com/executiveresults](http://www.youtube.com/executiveresults)



# THE CIRCUIT

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## STATIONS

01. TRX powerbag torso twists 15kg
02. Aerodyne 75RPM
03. TRX powerbag torso twists 15kg
04. Over the fence
05. Tyre push
06. Over the fence
07. Plate torso twist 10kg / 15kg
08. V-crunch with plate 10kg
09. Kettlebell side bend right 12kg / 10kg
10. Kettlebell side bend left 12kg / 10kg
11. Mountain climbers
12. Tyre push
13. Skipping
14. Skipping
15. Skipping



# EXERCISES (1/4)

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## DESCRIPTION & MUSCLES

### TRX Powerbag Torso Twists

The Powerbag will be hanging from the TRX horizontally at approximately waist level. Grab a handle in each hand, making sure that the TRX strap remains under tension. (You can take a step or two back to keep the tension on the strap.) Your arms should be fully extended. Stand with your feet about shoulder-width apart, and tighten up your core muscles to support your back and spine. Now slowly bring the Powerbag to the right in an arc by rotating your torso. As you rotate, your hips should also turn to the side. Your weight will transfer to your right foot, and your left heel should lift up and you'll pivot on the ball of your left foot. Return the Powerbag back to the center, and rotate the Powerbag to the left.

*Muscles:* Abdominals, Obliques

### Schwinn Airdyne Bike (75 RPM)

Adjust the bike to the right height. At the bottom of the pedal stroke, your leg should be almost fully extended with just a slight bend at the knee. Place your hands on the poles, and start pedalling smoothly in a circular motion. Keep your body directly over the seat, and stay firmly planted on the seat as you pedal. Push and pull the poles with your arms to activate your upper body. Bring your speed up to 75 revolutions per minute.

*Muscles:* Quadriceps, Glutes, Hamstrings, Calves, Chest, Back

### Over the Fence

Stand next to a flat bench, perpendicular to the long side of the bench. Fold forward at the waist and place both hands on the bench, elbows slightly bent. Make sure that your back is straight. Tighten up your abdominals to support the back. Jump up with both feet, bringing your weight forward onto your arms as you swing your legs over to the other side of the bench. Land on the balls of your feet, with your knees soft. Your hands should remain on the bench throughout the exercise.

*Muscles:* Chest, Triceps, Glutes, Quadriceps, Hamstrings, Calves



# EXERCISES (2/4)

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## DESCRIPTION & MUSCLES

### Tyre push

The tyre will be in front of you. Bend your knees, squat down, and fold forward from the hips. Place your hands on the edge of the tyre. Ensure that your core is fully engaged, and your back is straight, and in a neutral position. Step forward, driving off the ground with each step to slide the tyre forward.

*Muscles:* Glutes, Quadriceps, Hamstrings, Calves

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### Plate torso twist

Hold the weight plate in both hands, and stand with your feet about shoulder-width apart, pointing forward. Make sure that your head, shoulders, hips, and knees are in a straight line. Tighten up your abdominals. Bring the weight plate up and hold it in front of your abdomen with your forearms parallel to the ground and your upper arms tight to your torso. Keeping your arms in position and the weight plate in front of you, rotate your torso to the right. Make sure to keep both your feet on the ground and your hips and feet pointing forward. Rotate back to centre, then rotate your torso to the left.

*Muscles:* Abdominals, Obliques

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### V-crunch with plate

Hold a weight plate in both hands and lie down on an exercise mat with your legs fully extended and your arms overhead. Make sure that your abdominal muscles are engaged, and that your spine is in neutral position. You should be able to slip a hand in between your lower back and the mat. Keeping your torso on the ground, use your abdominal muscles and hip flexors to raise both legs off the ground, making sure that your legs remain straight throughout. Simultaneously raise your arms, keeping them fully extended and touch your feet to the weight plate. Hold the position for a moment, then lower your legs and your arms. To keep the tension and load on your muscles, start the next repetition before the weight plate and your feet touch the ground.

*Muscles:* Abdominals, Obliques



# EXERCISES (3/4)

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## DESCRIPTION & MUSCLES

### Kettlebell side bend

Hold a kettlebell in your right hand with the arm extended and hanging next to your body. Place the left hand next to your ear, with your elbow out and pointing to the side. Stand with your feet about shoulder width apart, and your head, shoulders, hips and knees in line. This is the start position. Drive your left elbow to the side and down to bend your body to the left. Your right arm should remain extended at your side, but the kettlebell will slide from your knee and up your thigh toward the hip. Make sure that your body doesn't bend forward or to the back during the exercise. The movement should only be to the side. Switch sides on the next round.

*Muscles:* Obliques, Abdominals

### Mountain climbers

Place both hands on the ground about shoulder-width apart. With your arms fully extended, bring your body up into a straight line. Make sure that your head is in line with your shoulder, hips, knees and feet. Your toes and balls of your feet will be on the ground. This is the start position. Bring the right knee in towards your chest, and rest the ball of your foot on the ground. Jump up, bring most of your weight onto your arms and switch legs, bringing the left knee in towards your chest, while extending the right leg out behind you. Continue alternating legs as quickly as you can. Make sure that you don't let your hips drop during the exercise, or allow your back to arch.

*Muscles:* Chest, Triceps, Glutes, Quads, Hamstrings, Calves

### Skipping

Start with the rope behind you and on the ground. Your arms will be relaxed at your sides. This is the start position. Start to turn the rope. Your arms should stay as still by your side as far possible, and the rope's motion should come mostly from the wrists. As the rope swings up, over your head toward your feet, jump up very lightly and allow the rope to pass just under your feet. You should be jumping in a rhythmic fashion and landing on the balls of your feet. Your feet should be no more than an inch or two off the ground on each jump. Your body should be moving straight up and down on the jumps. Throughout the exercise, your body should be upright, with your head in line with your shoulders, hips and knees.

*Muscles:* Calves, Glutes, Hamstrings, Quads, Biceps, Forearms, Shoulders, Triceps



# DISCLAIMER

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- <sup>1</sup> Specific detail not included, but a warm up and cool down is always recommended, duration and type depends on participants and exercises.
- <sup>2</sup> 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.
- <sup>3</sup> 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](mailto:feedback@cavemantraining.com.au) with the subject line including the program number.
- <sup>4</sup> If you have any doubts about a certain exercise, please consult a sports book that explains the exercise in detail or another fitness professional.
- <sup>5</sup> Always do the exercises yourself before you put your clients through it.
- <sup>6</sup> Adjust the program to your clients' needs and your available equipment if required.
- <sup>7</sup> 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>
- <sup>8</sup> 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](mailto:videos@cavemantraining.com.au)
- <sup>9</sup> 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.
- <sup>10</sup> When working in pairs, always try to match clients up with people of the same fitness and other similar characteristics.
- <sup>11</sup> Recommend or insist on a longer rest period if your participants look like they might endanger themselves when driving after the workout.
- <sup>12</sup> 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

CT201200849



## 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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# CIRCUIT INFORMATION

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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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# CIRCUIT INFORMATION

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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

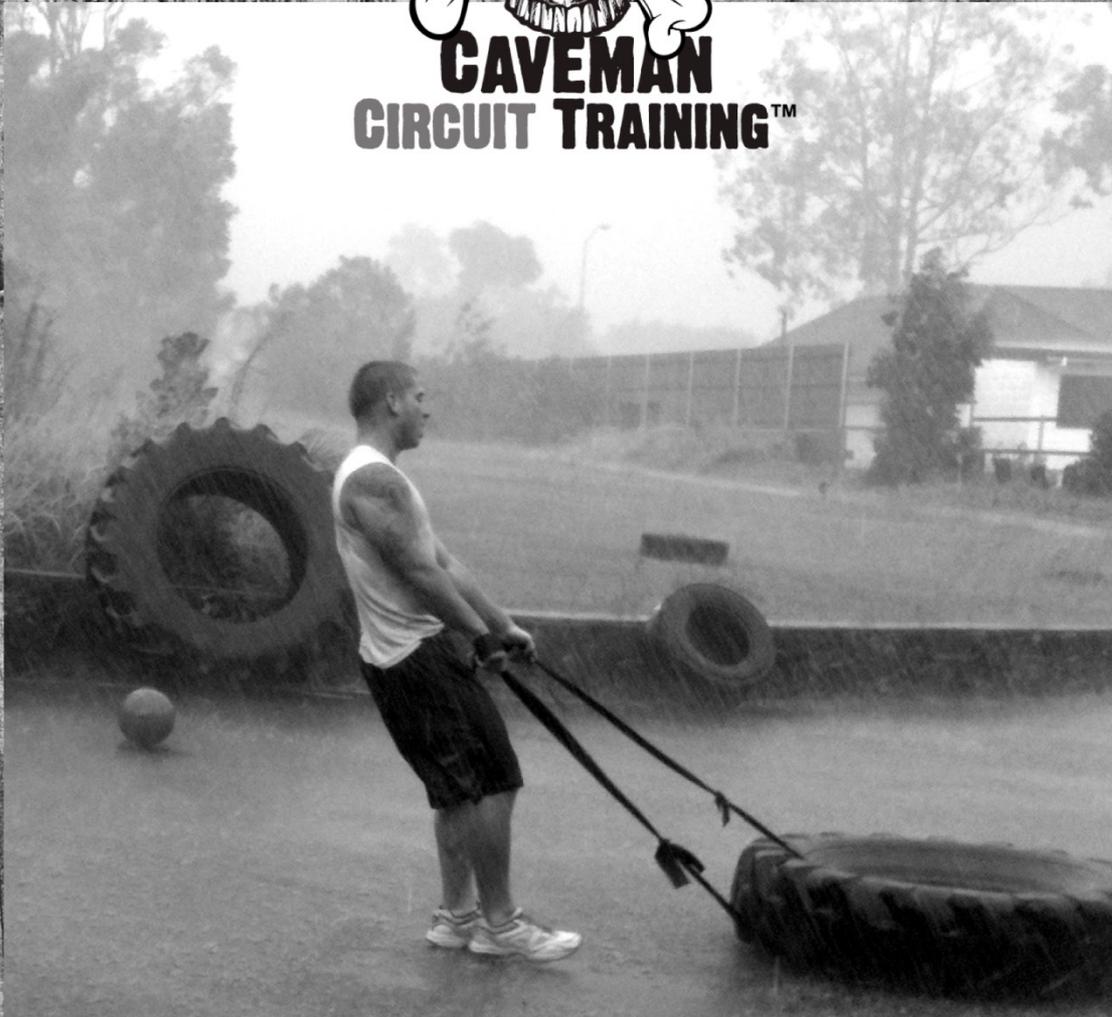
Mackay to Sydney	\$27.50
Melbourne, Adelaide & Tasmania	\$33.00

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