



CAVEMAN CIRCUIT TRAINING



CT201100825

BEGINNERS
INTERMEDIATE
ADVANCED

www.



cavemantraining.com.au

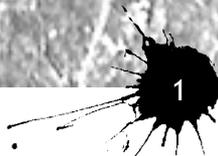


OVERVIEW

CT201100825



Program #:	CT201100825	
Program name:	Everything... and the kitchen sink	
Number of stations:	8	
Participants exercise:	in pairs	
Circuit allows for:	16 participants max	
Recommended time per station:	45 seconds	
Approximate number of rounds:	5	
Total circuit time:	27 to 30 minutes	
Recommended break after each round:	15 seconds	
Program type:	Conditioning	
Level:	Beginners	
Muscles:	Glutes Quadriceps Hamstrings Calves Chest Back	Core Abdominals Deltoids Triceps Biceps Spinal Erectors/ Lower Back





INTRODUCTION

CT201100825



This 8-station circuit has been designed especially for newcomers to the Caveman style of training, and is also a good circuit for workout novices. We've called this workout "Everything and the kitchen sink" because it utilises almost every type of free weight equipment you'd normally see in the gym - and some (like tyres and sandbags) that you normally won't.

For this circuit, we've chosen basic strength-training moves that every gym-goer should master. These classic exercises have stood the test of time because they're relatively simple (but not easy) to do, yet extremely effective and efficient. All the exercises are compound exercises, meaning that you'll be working multiple major muscles in your upper and lower body at the same time. You'll also be taxing your cardiovascular system as these compound moves will get your heart pumping hard, and the short intervals between systems will ensure that your heart rate remains elevated for the entire duration of the circuit.

If you're wondering why we haven't included any specific moves to train your abdominals, that's because your core muscles in your lower back and abdomen will already be working overtime throughout this circuit to keep your back and spine supported.

We'll have barbells, kettlebells, weight plates, and dumbbells of different weights at the stations for you to choose from. As these exercises are also meant to improve your strength, it is important that you select weights that are relatively challenging. A good rule of thumb is that if you find the last few repetitions in the 45-second interval very difficult to complete with good form, then you've chosen the right amount of resistance. If on the other hand, you are breezing through and barely breathing hard at the end of the interval, you know you're not working hard enough. Bring up the intensity on the next round by selecting a heavier weight. Of course, if you're falling over after two reps, for God's sake, choose a lighter weight. It's not about how much you lift, it's about lifting the correct amount of weight properly.

Do the circuit five times, spending 45 seconds at each station, and going straight to the next. There are no breaks between stations, although there'll be a 15-second break between each round. You'll find that as you progress through the five rounds, you're more and more tired. The 45 seconds at each station will feel like an eternity, while the 15 seconds will pass by in a flash! You'll know that you had a great workout when at the end of five rounds, your legs feel like they're going to fall off from the squats and lunges, and your shoulders are screaming.

Notes:

*The Tornado can be purchased from Executive Results for \$295.00 (incl GST) shipping approx. \$20
View a video of The Tornado and exercises here: <http://youtu.be/ZPtpKonhZDA>*



THE CIRCUIT

CT201100825



STATIONS

01. Sandbag overhead squat
02. Static linges holding heavy sandbag
03. One legged squat holding tyre raised in front
04. Pulse squats holding medicine ball raised in front
05. The Tornado clean and press
06. Plate pull over
07. Barbell shoulder press
08. Kettlebell crucifix 6kg each hand



YouTube

View plate pull over here
<http://youtu.be/R8mR-SVBrWM>



EXERCISES (1/4)

CT201100825



DESCRIPTION & MUSCLES

Sandbag overhead squat

The sandbag will be on the ground in front of you. Stand with your feet about shoulder-width apart right in front of the sandbag. Bend your knees and sit back, making sure that your knees don't go in front of your toes. Fold forward at the hips, making sure that your back remains straight, and your chest lifted. Grab the sandbag at both ends with two hands, and tighten up your core muscles. Quickly push out of the squat into a fully upright position while simultaneously bringing your arms up and overhead in one swift move. Your arms should be extended with the sandbag directly over your head. This is the start position. Bend your knees and push your hips back, as if you're about to sit down on a low chair. Make sure that your knees don't go beyond your toes, and that at the bottom of the movement, your thighs are about parallel to the ground. Imagine that just as you're about to sit down, someone takes the chair away, and you have to stand up. Push through your heels and bring your hips forward to return to the start position. At no point during this exercise should your back be arched or rounded. To help with your balance, keep your head and chest up, and your gaze fixed straight ahead or slightly upward. If you look down, you will tend to tip forward.

Muscles: Glutes, Quads, Hamstrings, Calves, Deltoids, Triceps, Core

Static lunges holding heavy sandbag

The sandbag will be on the ground in front of you. Stand with your feet about shoulder-width apart right in front of the sandbag. Bend your knees and sit back, making sure that your knees don't go in front of your toes. Fold forward at the hips, making sure that your back remains straight, and your chest lifted. Grab the sandbag at both ends with two hands, and tighten up your core muscles. Quickly push out of the squat into a fully upright position while simultaneously curling your arms up to your chest. You'll hold the sandbag length-wise in both arms and clasped to your chest. Bring your feet in slightly until they're about hip-width apart. Tighten your abdominals and take a larger than usual step forward. You should look forward to help with balance. Descend into the lunge, making sure that your front thigh is parallel to the ground, and your front knee does not go beyond your toes. Your back knee should be hovering just a few inches or so above the ground, and your back heel will be lifted. Both your knees should be bent at 90 degrees. Push through the heel of your front foot to bring your body back up again, and bring your front foot back to the starting position such that you are standing upright with both feet about hip-width apart. Repeat on the other side and alternate.

Muscles: Glutes, Quads, Hamstrings, Calves, Deltoids, Triceps, Core



EXERCISES (2/4)

CT201100825



DESCRIPTION & MUSCLES

One legged squat holding tyre raised in front

The tyre sandbag will be on the ground in front of you. Stand with your feet about shoulder-width apart right in front of the tyre. Bend your knees and sit back, making sure that your knees don't go in front of your toes. Fold forward at the hips, making sure that your back remains straight, and your chest lifted. Grab the tyre at both sides, and tighten up your core muscles. Quickly push out of the squat into a fully upright position while simultaneously raising your arms to shoulder height. Your elbows will be fully extended, and you'll be holding the tyre right in front of you, almost as if you're grasping a steering wheel. Tighten up your core muscles to help you with your balance, and lift one foot off the ground. Extend the lifted leg in front of you. Check your alignment to make sure that your head is in line with your shoulders, hips, knees and foot. Slowly lower your body and bring your butt close to the ground by bending your knee and pushing your hips back. Push through your heel and extend your hips to get back upright. Remember to keep your back straight throughout the exercise, and make sure that your knee never goes past your toe. To help with your balance, keep your core engaged throughout, you're your head up, and your gaze fixed straight ahead or slightly upward. Do all repetitions on one leg, and switch legs on the next round.

Muscles: Quads, Glutes, Hamstrings, Calves, Deltoids, Core

Pulse squats holding medicine ball raised in front

Stand with your feet about shoulder-width apart, with the medicine ball held in both hands. Bring your arms up to shoulder-height, with your elbows fully extended. Bend your knees and push your hips back, as if you're about to sit down on a low chair. Your thighs should be about parallel to the ground. This is the start position. From here, push through your heels to raise your butt and body up a few inches, then drop back to the start position. Keep pulsing up and down until the 45-seconds are up. This is a very small movement, but you'll definitely be feeling it in your thighs. Make sure that your arms stay up at shoulder-height, and that your back doesn't arch or round as you get more tired. Keeping your head up and your gaze fixed straight ahead or slightly upward will help with your balance.

Muscles: Quads, Glutes, Hamstrings, Calves, Deltoids



EXERCISES (3/4)

CT201100825



DESCRIPTION & MUSCLES

The Tornado clean and press

Stand in front of the Tornado bar, and descend into a squat by bending your knees and pushing your hips back, as if you're about to sit down on a low chair. Make sure your knees remain in front of your toes. Cross both arms at the wrist and rotate the arms so that the palms are facing outward from the body. Grasp the Tornado's bar with both hands. This is the start position. Tighten up your core muscles and push explosively through your heels and bring your hips forward to pop out of the squat position. As you pop up use the momentum to pull and throw the Tornado bar up. As the bar reaches its apex, dip your knees into a half-squat and catch the bar as it falls. To catch the bar, flip your grip so that both arms are now uncrossed and your palms are facing inward toward the body. Push out of the half-squat and use the momentum to push the Tornado bar up and slightly in front of you until your arms are fully extended. To lower the Tornado bar, descend into a squat while allowing the bar to descend. As the bar reaches around chest height, flip your grip so that your arms are crossed and your palms facing out, and bring the Tornado bar all the way back to the start position. At no point during this exercise should your back be arched or rounded.

Muscles: Spinal Erectors, Glutes, Hamstrings, Quads, Calves, Deltoids, Triceps, Core

Plate pull over

Sit on the long side of a flat bench, and hold a weight plate in both hands. Slide forward and lie back on bench until only the top of your back, shoulders, and head are supported by the bench. You can rest the weight plate on your chest as you get into position. Your feet should be flat on the ground about shoulder-width apart, with your knees bent at about 90 degrees. Your hips should be off the bench and lifted so they are aligned with the torso and knees. Your torso should be parallel to the ground. Tighten up your abdominals and activate your hamstrings and glutes to support your back and spine, and to keep your hips in place. Pull your shoulder blades back and down, push the weight plate off your chest so that your arms are fully extended and perpendicular to your torso and the ground. The weight plate should be directly over your shoulders. With your core muscles tight, slowly lower your arms over your head until your upper arms are next to your ears. This is the start position. Slowly bring your arms up in an arc over your head and shoulders and down to the hips, stopping before the weight plate rests against your groin. Reverse directions and bring your arms up in a smooth arc back to the start position. Make sure that your arms remain straight throughout the movement, and remember not to arch your back at any point. If you find yourself arching, choose a lighter weight plate.

Muscles: Back, Chest, Deltoids, Core





EXERCISES (4/4)

CT201100825



DESCRIPTION & MUSCLES

Barbell shoulder press

The barbell will be on the floor. Stand with your feet shoulder-width apart right in front of the bar. Lower into a squat position, and place both hands about shoulder-width apart on the bar with an overhand grip and get ready to deadlift the bar. Keeping your back straight and your chest up, push through your heels and extend your hips to pop up into a standing position, dragging the bar up past your shins to the front of your thighs. Bend your knees and dip your body slightly. As you pop up, use the momentum to help you pull the bar up to your shoulders and flip your grip so that your hands are facing forward. The bar should skim up past your stomach and chest on the way up, and end up resting on your palms at shoulder height. This is the start position. Tighten your core muscles to support your torso and spine. Pull your shoulder blades back and down, and press directly overhead until your elbows are fully extended. Slowly lower the barbell in front of your face down to just above shoulder height before pressing up again. On both the lifting and lowering phase, the barbell should be travelling in a straight vertical line up and down. Be careful not to arch your back on either the lifting or lowering phase.

Muscles: Deltoids, Triceps, Core

Kettlebell crucifix 6kg each hand

The two kettlebells will be on the floor. Stand with your feet shoulder-width apart right in front of the kettlebells. Lower into a squat position, and grab one kettlebell in each hand in an overhand grip. Keeping your back straight and your chest up, push through your heels and extend your hips to pop up into a standing position, The kettlebells are relatively light, so you should be able to pull the kettlebells up your legs and torso as you push out of the squat, flipping your grip as you bring them up to shoulder height. At this time, your palms should be facing forward. Tighten your abdominal muscles to support your torso and spine, pull your shoulder blades back and down, and press the kettlebells directly overhead until your elbows are fully extended. Your palms should still be facing forward. This is the start position. Pulling your shoulder blades back and down again, slowly lower your arms to the side in a smooth arc until they are parallel to the floor, and you form the shape of a cross with your arms. Hold this position the 45-second round. Be careful not to arch your back or round your back as your shoulders start to get tired.

Muscles: Deltoids, Core





DISCLAIMER

CT201100825



- 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

CT201100825



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.

.../...



CIRCUIT INFORMATION

CT201100825



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.

.../...



CIRCUIT INFORMATION

CT201100825



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.

.../...



CIRCUIT INFORMATION

CT201100825



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

CT201100825



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

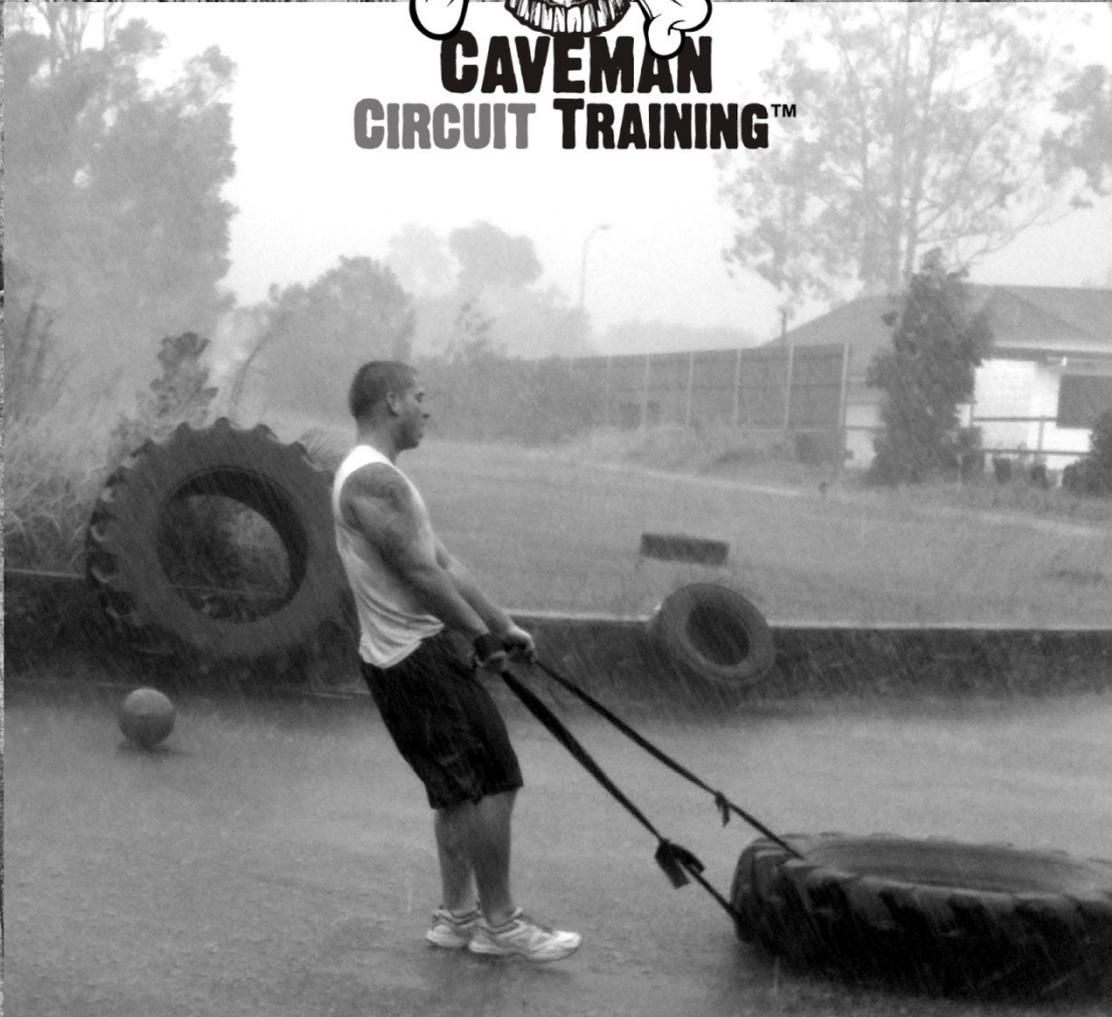
Mackay to Sydney	\$27.50
Melbourne, Adelaide & Tasmania	\$33.00

www.executiveresults.com.au





**CAVEMAN
CIRCUIT TRAINING™**



TRAIN TILL YOU PUKE...!

www.cavemantraining.com.au

