



CAVEMAN CIRCUIT TRAINING



CT201100826

BEGINNERS
INTERMEDIATE
ADVANCED

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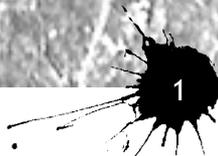


OVERVIEW

CT201100826



Program #:	CT201100826	
Program name:	Sharon Lim	
Number of stations:	9	
Participants exercise:	solo	
Circuit allows for:	9 participants max	
Recommended time per station:	60 seconds	
Approximate number of rounds:	3	
Total circuit time:	27 to 30 minutes	
Recommended break after each round:	None	
Program type:	MMA Workouts	
Level:	Intermediate/Advanced	
Muscles:	Glutes Quadriceps Hamstrings Calves Chest	Back Abdominals Shoulders Triceps





INTRODUCTION

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This is a circuit for intermediate to advanced exercisers. At the end of this insanely intense workout, your heart will be pounding and you will be gasping for breath. You'll leave the gym knowing that you're definitely done for the day!

The nine exercises have been chosen to enhance both your strength and power, and to challenge all the major muscle groups in both your upper and lower body. You'll also build up your core, since your abs and lower back will be constantly engaged throughout the exercises. As you'll be working in short and almost continuous bursts of intense activity, this circuit will also bring your cardiovascular fitness to the next level.

You'll go through the circuit five times, spending one minute at each station. Once you're done with one station, go straight to the next. No breaks, no rest periods, just constant near-maximal effort. At the end of the fifth round, you'll dive straight into the Challenge, which will be 10 minutes of non-stop high intensity calisthenics. You'll start with one push-up, one burpee, and one squat jump, then immediately do two push-ups, two burpees, and two squat jumps, followed by three push-ups, three burpees, and three squat jumps, and so on. Increase the number of times you do each exercise each time, and keep going until the ten minutes are up.



Video of modified workout can be found here :
<http://youtu.be/zHvWJbFELV0>



THE CIRCUIT

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STATIONS

01. Aerodyne bike 80RPM
02. Frog tuck jumps over hurdles
03. Horizontal rope climb
04. Front squat (touching step with butt)
05. Kick shield continuous kicks
06. Slide bombers over step
07. Squat thrusters
08. Ladder push-ups (using agility ladder moving through the step with push ups sideways)
09. Sandbag burpees

THE CHALLENGE

10 minutes
Do 1 push up, 1 burpee, 1 squat jump, increment till time is up, see who gets the highest.



EXERCISES (1/4)

CT201100826



DESCRIPTION & MUSCLES

Schwinn Airdyne Bike

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 80 revolutions per minute.

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

Frog Tuck Jumps Over Hurdles

Stand directly in front of the hurdle with your feet shoulder-width apart. Descend into a squat, making sure that heels remain on the ground. At the bottom of the squat, your knees should still be behind your toes. Pause at the bottom of the squat, then push off with both feet to explode upward and slightly forward to clear the hurdle. Gain as much elevation as possible and tuck your knees into your chest. Land lightly on the balls of both feet, with your knees soft. Descend immediately into a squat, and tackle the next hurdle.

Muscles: Glutes, Quadriceps, Hamstrings, Calves

Horizontal Rope Climb

Stand directly under the horizontal rope, and grasp the rope with a staggered grip. Tighten your core, then swing your legs up to hook your heels on the rope. You'll be travelling in the direction where your head is pointing. To get moving, simultaneously use one hand to grab the rope about a foot above your head and hook the opposite heel at knee-level, then shift your weight in the direction of travel. Repeat with the other hand and heel.

Muscles: Back, Hamstrings, Abdominals



EXERCISES (2/4)

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DESCRIPTION & MUSCLES

Front Squat

Stand in front of the weight bar, and descend into a squat. Grasp the end of the bar, and pop up into a standing position, while simultaneously extending the bar above your head. You should be leaning slightly forward with your arms fully extended and your biceps tight against your ears. Bring the bar down to chest level, then drop into a deep squat such that your butt almost touches your heels. Make sure that your knees remain behind your toes at the bottom of the movement, and your heels stay on the floor.

Muscles: Glutes, Quadriceps, Hamstrings, Shoulders, Triceps

Kick Shield Continuous Kicks

Stand diagonally in front of the kick shield, feet shoulder-width apart, with one foot in front of the other. Set your position, with your hips square to the direction that you're facing. Keep your core tight, and bring your arms up to guard your face and upper body. Rotate your torso, aim at the kick shield, and kick your back leg forward. You should be hitting the kick shield with your shin, and the force should come mostly from your hips and core. Place your foot back down and set your position, then kick again. These kicks should be done in rapid succession, with little pause between kicks.

Muscles: Quadriceps, Abdominals

Slide Bombers Over Step

Place both hands on the step, and with your core fully engaged, extend your body into a push-up position to one side of the step. Keep the leg closer to the step fully extended with toes on the ground, and bring the other leg directly under your shoulder and chest. Keeping your hands on the step, bend, and then extend your arms fully, while simultaneously using the leg under your shoulder and chest to propel yourself sideways and over the step. Land on the other side of the step with the leg closest to the step fully extended, and the other leg directly under your shoulder and chest. Repeat in the opposite direction.

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



EXERCISES (3/4)

CT201100826



DESCRIPTION & MUSCLES

Squat Thrusters

Stand with your feet shoulder width apart, with a set of dumbbells at shoulder height. Move into a squat position, making sure that your thighs are parallel to the ground, and your knees behind your toes at the bottom of the movement. Stand back up and in a smooth move extend your arms and lift the dumbbells above your head in a shoulder press. Bring the dumbbells back down to shoulder level, and immediately descend into a squat again.

Muscles: Glutes, Quadriceps, Deltoids, Triceps

Ladder Push-ups

Place both hands in two adjacent squares of an agility ladder, and take a push-up position. Your body will be perpendicular to the ladder. Keeping your core tight, perform a push-up. Ensure that your entire body remains in a straight line throughout the movement. Don't fold at the hips, or arch your back. Once you have completed the push-up, move one hand, then the other, to the next square on the agility ladder. At the same time, shuffle your feet to the side so that you remain perpendicular to the agility ladder. Once your hands and feet are in position, perform the next push-up.

Muscles: Chest, Triceps, Abdominals

Sandbag Burpees

Hold the sandbag in front of you with both hands. Squat down and place your sandbag at your feet. With both hands still on the sandbag, jump back with both feet into a push-up position, making sure that your core is tight, and your entire body is in a straight line. Jump your feet back to the starting position, and in one fluid move, pick up the sandbag with both hands, explode into a vertical jump and extend the sandbag over your head. Jump straight up, and as high as you can. You should land where you took off, with your knees soft to absorb the impact. You'll feel this most in your thighs, butt, and shoulders.

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



EXERCISES (4/4)

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CHALLENGE EXERCISES

Push-up

Place both hands on the ground about shoulder-width apart, and take a push-up position. Keeping your core tight, bend your arms to bring your chest toward the floor. At the lowest part of the movement, there should be a fist-width of space between your chest and the ground. Extend your arms to return to the start position. Ensure that your entire body remains in a straight line throughout the movement. Don't fold at the hips, or arch your back.

Muscles: Chest, Triceps, Abdominals

Burpees

Squat down and place your hands on the ground about shoulder-width apart. Jump back with both feet into a push-up position, making sure that your core is tight, and your entire body is in a straight line. Jump your feet back to the starting position, and in one fluid move, explode into a vertical jump and extend your arms over your head. Jump straight up, and as high as you can. You should land where you took off, with your knees soft to absorb the impact.

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

Squat Jumps

Stand with your feet shoulder-width apart. Descend into a squat, making sure that at the bottom of the motion, your thighs are parallel to the ground, and your knees are behind your toes. Pause at the bottom of the squat with one hand resting lightly on the ground, then push off with both feet and explode upward. Bring the hand that was on the ground up over your head at the same time. Land lightly on the balls of both feet, with your knees soft.

Muscles: Glutes, Quadriceps, Hamstrings, Calves



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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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

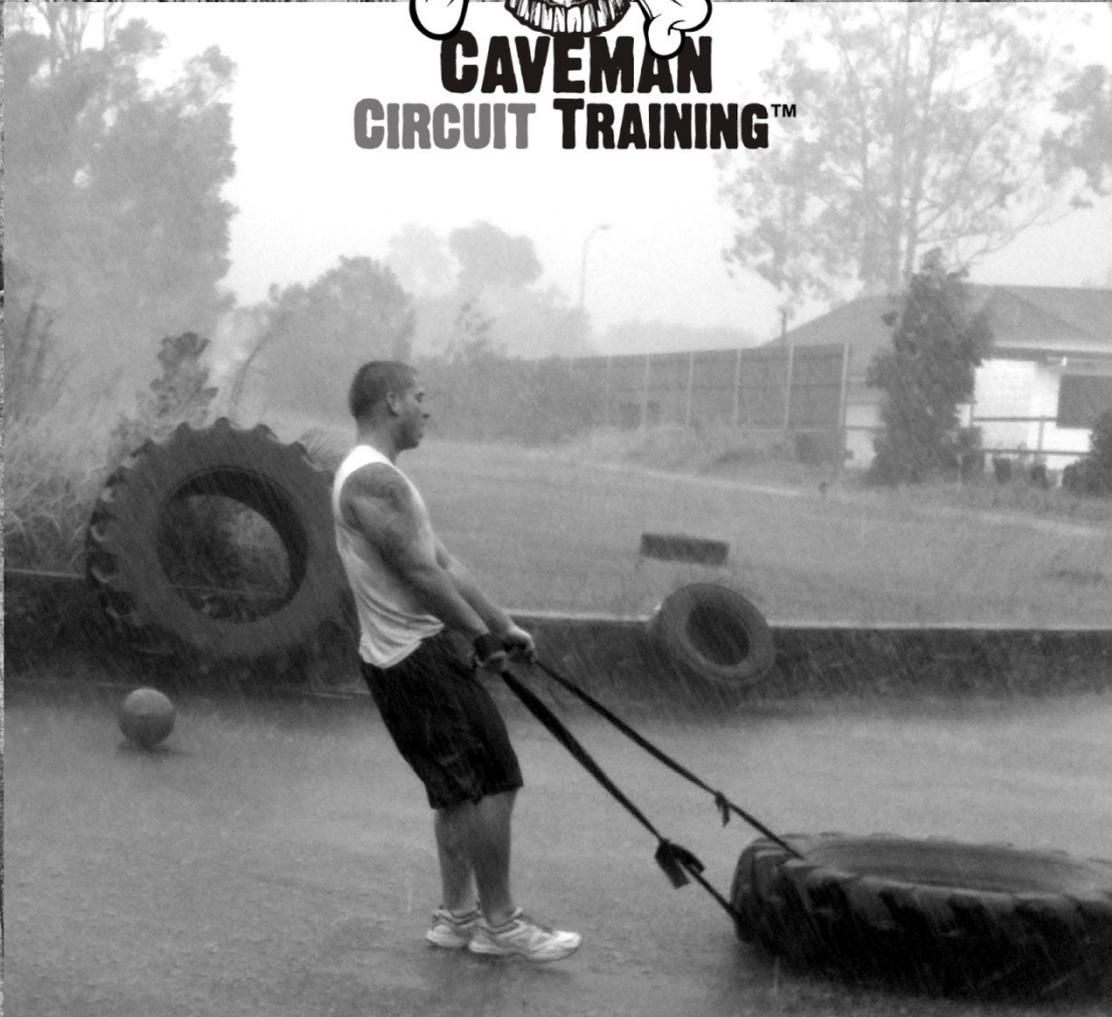
Mackay to Sydney	\$27.50
Melbourne, Adelaide & Tasmania	\$33.00

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