



# CAVEMAN CIRCUIT TRAINING



  
CT201100828

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

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cavemantraining.com.au

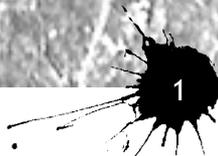


# OVERVIEW

CT201100828



<b>Program #:</b>	CT201100828	
<b>Program name:</b>	Quick on Your Feet	
<b>Number of stations:</b>	10	
<b>Participants exercise:</b>	in pairs	
<b>Circuit allows for:</b>	10 participants max	
<b>Recommended time per station:</b>	45 seconds	
<b>Approximate number of rounds:</b>	4	
<b>Total circuit time:</b>	27 to 30 minutes	
<b>Recommended break after each round:</b>	10 seconds	
<b>Program type:</b>	Agility/Cardio/Strength	
<b>Level:</b>	Beginners	
<b>Muscles:</b>	Glutes Hamstrings Quadriiceps Calves Abdominals and Obliques Spinal Erectors/ Lower Back	Hip Flexors Deltoids Abductors Triceps Biceps Trapezius Back





# INTRODUCTION

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This 10-station circuit is a great way to improve agility, strength, and cardiovascular endurance, all of which are major components of fitness. In this workout, which we affectionately call “Quick on Your Feet”, we start by making you do lots of quick and fancy footwork, which will greatly enhance balance, speed, coordination, and reflexes. If you participate in any sport that requires quick and dynamic movement, such as boxing, soccer, or basketball, you’ll find that your performance in your chosen sport will improve significantly from participating in this circuit.

If the first half of the circuit is all about agility and nimbleness, the second half of the circuit is more about strength and power. We’ve thrown in a number of power exercises and weight-training lifts that will build strength and power in your upper and lower bodies. Throughout the workout, you’ll also be taxing your cardiovascular system as you’ll be moving quickly during all the agility moves, plus you’ll be dashing from station to station without a break, which will keep your heart-rate elevated. As an added benefit, your abdominal and lower back muscles will be working hard for the entire duration of the training session to keep your back and spine supported to perform the exercises.

Run through the circuit four times, spending 45 seconds at each station. After each station, go straight to the next, no breaks or rest. (We don’t call this circuit “Quick on your Feet” for nothing!) We’ll be kind and give you a 10-second break between each round. As you progress through the workout, we guarantee you’ll be breathing hard. Even if you start the session floating like a butterfly and stinging like a bee, by the final round, we promise you won’t be!



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



# THE CIRCUIT

CT201100828



## STATIONS

01. Lateral hops in/out of tyre with left leg, right leg on the way back
02. Tyre jumps (two large tyres)
03. Agility ladder - Torso Twists
04. Resistance running with speed & power loop
05. Skipping
06. Bulldozers
07. Standing Chest press 1 kettlebell 16kg
08. Scare crow 2 x 2kg dumbbells
09. Shoulder press 2 kettlebells 6kg
10. Sumo deadlift to high pull 14kg

## THE CHALLENGE

No challenge in Beginners



# EXERCISES (1/5)

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## DESCRIPTION & MUSCLES

### Lateral hops in/out of tyre

For this agility exercise, we will have two rows of five small tyres lined up vertically on the ground in front of you. You'll start with the row on the right. Stand next to the first tyre with the tyre to your left. Your left foot will be several inches away from the tyre. Lift your left leg up and step into the tyre. Quickly step the left foot out of the tyre and back onto the ground. Shift your weight onto the left foot and bring your right foot forward so that it is in line with the second tyre, then shift your weight onto your right foot and step your left foot into the second tyre. Keep going until you've stepped your left foot into all five tyres. At the end, step off and move across to the second row of tyres. This time, stand next to the first tyre in the row with the tyre to your right. Your right foot will be a few inches from the tyre, and you'll step into the tyres with your right foot instead. Keep going until you reach the end of the row, then switch back to the other row of tyres. Perform this exercise as quickly as you can. In doing this exercise, it's important to keep your core muscles tight to support your torso, and your body upright and head upright. Try to resist the temptation to stare at your feet as you step in and out of the tyres as you'll find that this disrupts your balance. Remember also to raise your knees high to avoid catching your foot on the lip of the tyre.

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

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### Tyre Jumps

This is also an agility exercise. We'll have two large tyres in a vertical row in front of you, with a small gap between the two tyres. Stand with your feet about shoulder-width apart, right in front of the tyre closest to you. Sit back into a half-squat, then push off with both feet and jump lightly up and forward into the tyre. Pause and jump again out of the tyre. You'll be in the small space between the two tyres. Now jump again to get into the second tyre, and jump again to get out. Jog back to the first tyre, and go again. Do the jumps as quickly as you can. Remember to keep your core muscles tight during the jumps, to keep your head up, rather than to stare at the tyres. This will help with your balance. You should be landing lightly on the balls of both feet, with your knees soft.

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



# EXERCISES (2/5)

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## DESCRIPTION & MUSCLES

### Agility Ladder - Torso Twists

To perform this agility exercise, stand at the start of the agility ladder. You'll be facing the first hole in the agility ladder, with the subsequent holes spread out to the right. Hop up and place your left foot into the first hole of the ladder, then jump up and rotate your hips and lower body so that your right leg crosses in front of you and your right foot steps into the first hole of the ladder. As you rotate your hips and lower body back to centre and uncross your right leg, move toward the right so that your left foot steps into the second hole of the ladder, and repeat until you reach the end of the ladder. Perform this exercise as quickly as you can. Make sure that you are rotating your both your hips and lower body while keeping your torso upright and your shoulders largely square to the direction that you're moving. You can allow your arms to swing to help with balance. You should also try to keep your head up instead of staring at your feet while performing the exercise.

*Muscles:* Glutes, Hamstrings, Quads, Calves, Core, Obliques

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### Resistance running with speed & power loop

This exercise builds strength and power in the entire lower body and is especially useful for any sport that requires sprinting and short bursts of high speed. Have your partner place the speed and power loop around your waist. Start sprinting forward once your partner. After a few meters, you'll encounter resistance from the loop around your waist. Keep pushing forward against the resistance. You'll want to have explosive push off, with your body angled slightly forward. Drive your knees as high as you can, and imagine that your legs are like pistons in a machine. Pump your arms to give you more speed and power, but make sure your arms are swinging forward and back with your elbows at 90 degrees, and not across your body. Look forward and keep your head up and in line with your neck.

*Muscles:* Glutes, Hamstrings, Quads, Calves, Hip Flexors, Core, Back, Shoulders, Biceps, Triceps



# EXERCISES (3/5)

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## DESCRIPTION & MUSCLES

### 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

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### Bulldozers

Like resistance running, this will help you build strength and power in your lower body. Have your partner hold the kickshield in front of his body, keeping the arms pulled in, the kickshield close to his chest, legs in a staggered stance and leaning forward slightly. Lean forward and place one shoulder (either left or right will do) against the kick shield at around your partner's waist-level, and wrap your arms around your partner's waist. Using the strength and power from your legs, push yourself forward and drive your shoulder into the kickshield to "bulldoze" your partner and force him to move backward. Your partner will be resisting your movement, so be prepared to put some muscle into this. Make sure that your back is straight, not arched or rounded during the exercise. Switch with your partner after 5 to 10 meters.

*Muscles:* Glutes, Hamstrings, Quads, Calves, Hip Flexors, Core



# EXERCISES (4/5)

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## DESCRIPTION & MUSCLES

### **Standing Chest press 1 kettlebell 16kg**

The kettlebell will be on the floor. Stand with your feet shoulder-width apart, with the kettlebell in the middle between your legs. Lower into a squat position, and hold the sides of the kettlebell in both hands (like you're holding a ball). Keeping your back straight and your chest up, push through your heels and extend your hips to pop up into a standing position. Bend your knees and dip your body. As you pop up, use the momentum to help you curl the kettlebell up to your upper chest. Hold the kettlebell just above your chest and in front of your chin. The kettlebell will be cupped in both palms.. This is the start position. Tighten your abdominal muscles to support your torso and spine, pull your shoulder blades back and down, and press the kettlebell straight up. Your arms will be in front of your face and you can tilt your body very slightly back (without arching your back) to allow your arms to move up and down. Keep your elbows tight as far as possible - try not to let them "flare" out to the side. Slowly lower the kettlebell back to the start position.. Be careful not to arch your back as you push the kettlebell up. Complete all repetitions on one side, and switch sides on the next round.

*Muscles:* Chest, Front Deltoids, Triceps, Core

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### **Scarecrow 2 x 2kg dumbbells**

This exercise strengthens the shoulder muscles and the rotator cuff, and is especially useful if you participate in racket sports or sports like baseball or softball. Stand with your feet about shoulder-width apart with a dumbbell in each hand. Tighten your core muscles, and bring the dumbbell up to shoulder height. Raise the dumbbells until your upper arms are parallel to the ground, with your elbows bent at 90 degrees. Your forearms will be perpendicular to the floor and your palms will be facing forward. This is the start position. Slowly rotate your upper arms so that your palms face the floor, and your forearms are now parallel to the ground and your palms facing the floor. Slowly rotate your upper arms back to the start position. Ensure that your elbows remain bent at 90 degrees throughout, and that your upper arms always remain parallel to the ground. This exercise should be performed slowly, and with relatively light weight. Make sure that you look forward with your spine lifted, and your head, shoulders, hips, and knees fully aligned. Keep your abdominal muscles engaged throughout the exercise.

*Muscles:* Deltoids, Core



# EXERCISES (5/5)

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## DESCRIPTION & MUSCLES

### Shoulder press, 2 kettlebells 6kg

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. Slowly lower the kettlebells back to your shoulders. Be careful not to arch your back as you push the kettlebells up.

*Muscles:* Deltoids, Triceps, Core

### Sumo deadlift to high pull 14kg

The kettlebell will be on the floor. Stand with your feet pointing outwards at an angle, and about one-and-a-half to two times shoulder-width apart. The kettlebell should be placed at the midpoint between your feet. Sit back and lower into a plié squat position, making sure that your knees stay in line with your feet, and don't travel in front of your toes. Your thighs should be no lower than parallel to the ground. Tighten up your core muscles, and make sure that your back is straight. Tilt forward at the hips and hold the kettlebell with both hands. This is the start position. In a swift movement, use your leg muscles and push through your heels while simultaneously pushing your hips forward to straighten up your back. Thrust your chest out and bring your shoulders back. The kettlebell should be hanging between your legs, arms fully extended. Bend your knees and dip your body. As you pop up use the momentum to help you pull the kettlebell up your chest until the handle is directly under your chin. Your elbows will be fully bent and out to the side, framing your face. Lower the kettlebell by allowing your arms to extend then return to the start position by lowering back into a plié squat, while simultaneously folding at the hips, making sure that your back remains straight. Allow the kettlebell to rest very briefly on the floor before performing the next repetition.

*Muscles:* Hamstrings, Adductors, Glutes, Spinal Erectors, Middle Back, Quadriceps, Trapezius, Deltoids



# 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

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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

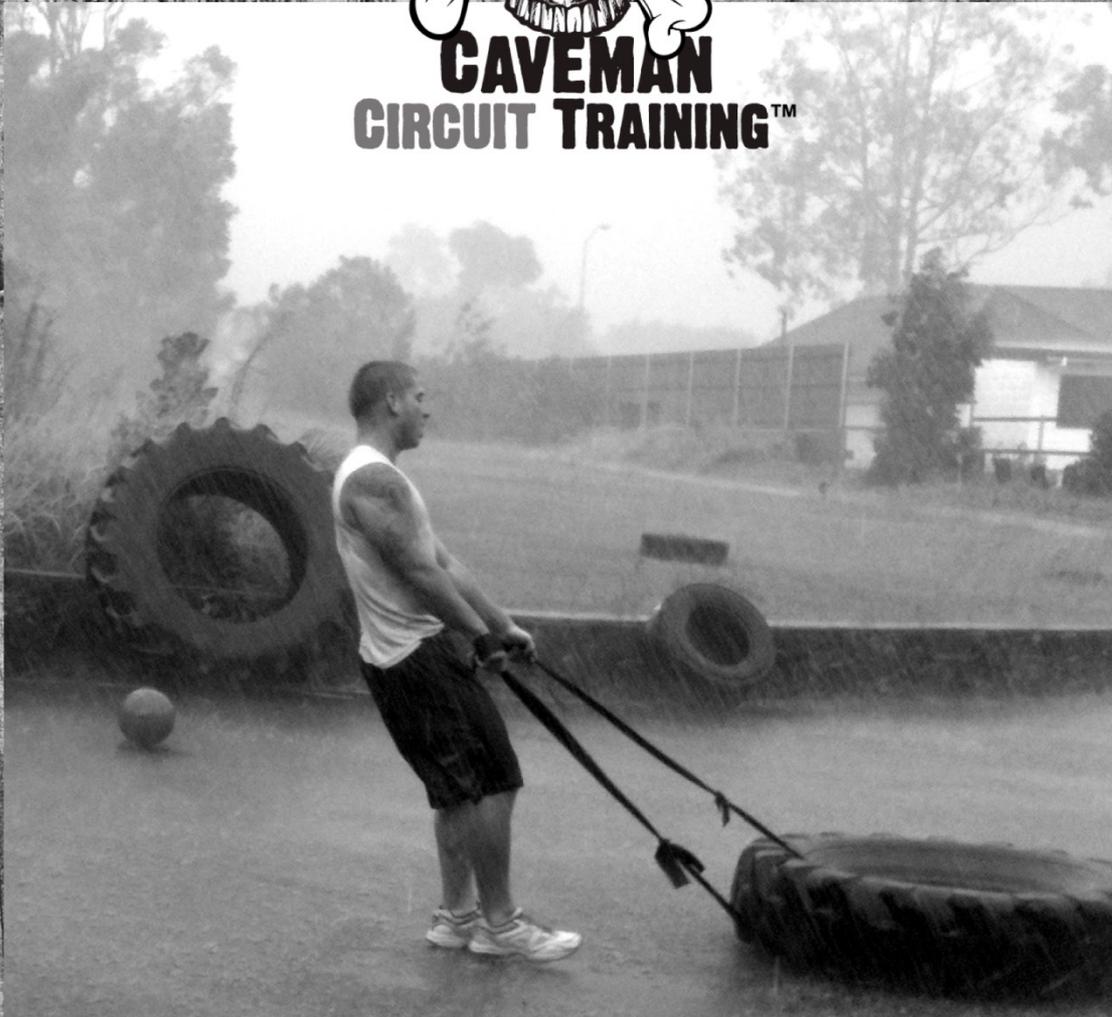
Mackay to Sydney	\$27.50
Melbourne, Adelaide & Tasmania	\$33.00

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