



CAVEMAN CIRCUIT TRAINING



CT201100830

BEGINNERS
INTERMEDIATE
ADVANCED

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cavemantraining.com.au



OVERVIEW

CT201100830



Program #:	CT201100830	
Program name:	El Irish	
Number of stations:	9	
Participants exercise:	in pairs	
Circuit allows for:	18 participants max	
Recommended time per station:	45 seconds	
Approximate number of rounds:	4 to 5	
Total circuit time:	27 to 30 minutes	
Recommended break after each round:	None	
Program type:	MMA Workouts	
Level:	Intermediate	
Muscles:	Hip Flexors Abdominals Quadriceps Chest Shoulders Glutes	Calves Abductors Latissimus Dorsi Rhomboids Biceps Lower Back





INTRODUCTION

CT201100830



This nine station workout is heavily influenced by mixed martial arts (MMA). The intense exercises incorporate many of the drills used by actual fighters in their training programs as they prepare for numerous rounds of taxing physical activity. These exercises that challenge the energy systems and muscles that fighters will use in their bouts are also extremely beneficial for anyone interested in developing muscular strength and power.

If you've watched MMA fights, you'll know that fighters must perform explosive kicks and punches. Such strike manoeuvres require the development of the major muscle groups in both the lower and upper body, as well as the entire core. The stations in this particular workout mimic such movements. This workout is also structured as if preparing a fighter to go a full nine rounds. Not only do you move from one station right into the next, but you'll perform four to five rounds of the nine stations.

Each of the nine stations is meant to be performed as explosively as possible. When you're asked to kick, jump or punch, perform each repetition as powerfully as you can. No easing off after the first few repetitions! Stations last 45 seconds each and you'll move from one station immediately into the next. This workout is effective, whether you're a beginner or an advanced athlete, because you can work at your own pace at each of the stations. Don't use that flexibility as an excuse not to put in your best effort, however! Done correctly, this workout will thoroughly tax your energy systems and overload your muscles, stimulating an increase in strength and power.



Instructional video of the circuit can be found here
<http://youtu.be/sGvAV-S8Zak>



THE CIRCUIT

CT201100830



STATIONS

01. Two knee side control switch
02. Medicine ball plyometric push ups
03. Thai clinch and knees
04. Feet claps
05. Thai clinch and knees
06. Explosive star jumps with 2 x 3kg dumbbells
07. Frog hops
08. Guard attack
09. Kettlebell ground 'n pound



EXERCISES (1/3)

CT201100830



DESCRIPTION & MUSCLES

Two knee side control switch

Stand perpendicular to the training bag that has been positioned flat on the floor. Place your elbows shoulder-width apart on top of a training bag. Rise up onto your elbows and toes as if in a push up position. Explosively drive one knee up to strike the training bag, then return your foot back to starting position and simultaneously drive your opposite knee up to strike the bag. After striking the bag with each knee, keep your elbows on the bag but quickly shuffle your feet to spin around the bag and then complete the set on the opposite side of the bag. At all times, keep your core fully engaged to support your back, and your shoulders stacked directly over your elbows.

Muscles: Hip Flexors, Abdominals, Quadriceps

Medicine ball plyometric push ups

Get in a push-up position with one hand on the ground, and the other on top of a small medicine ball. To maintain stability, fully engage your abs and lower back, and make sure that your body is in a straight line. In the start position, your shoulder and palm be stacked directly over the medicine ball. Perform a push-up and then explode upwards and to the side such that your opposite palm lands directly on the medicine ball. The other hand will be on the ground.

Muscles: Chest, Shoulders, Triceps

Tips: If your wrists start to get sore, or you become fatigued, you can make the exercise less plyometric. Perform the push-up, but instead of exploding upward and sideways, simply roll the ball under the other hand, and perform the next push-up repetition.

Thai clinch and knees

Grip your hands around your partner's neck and stand in a split stance with your right leg back. Drive your right knee up and into the pad that your partner is holding. As you return your foot back to starting position, quickly switch your foot position so that your left foot is in the back of your split stance and then immediately drive your left knee into the pad. Perform each move at maximum power. The power from this move should be generated by both your core and hip flexors.

Muscles: Hip Flexors, Abdominals, Quadriceps



EXERCISES (2/3)

CT201100830



DESCRIPTION & MUSCLES

Feet claps

Get into a push up position and shift all of your body weight onto your hands and upper body. Keep your core fully engaged. Your arms should be tensed, with a slight bend at the elbows. Spring your legs upward, with your feet toward the ceiling and knees slightly bent. Clap your feet together at the very top of the movement. Land softly with both feet together and immediately take off again.

Muscles: Chest, Shoulders, Glutes, Abdominals

Explosive star jumps with 2 x 3kg dumbbells

Hold a 3kg dumbbell in each hand and allow your arms to hang down by your sides. Explode up into a jump, swinging your legs out to the side. Simultaneously raise your arms to shoulder height in a lateral shoulder raise. Your arms should be straight, with a slight bend at the elbow. Wrists should be in line with the forearm, and your shoulder-blades pulled back to make sure that the exercise hits the deltoids. There is no need to lift your arms higher than parallel to the ground. As you drop from your jump, bring your feet back to centre and your arms back down to starting position. Be careful not to slam the dumbbells against your thighs as you bring them down. After you land, immediately take off again into the next repetition.

Muscles: Glutes, Quadriceps, Calves, Abductors, Shoulders

Frog hops

Position your feet slightly wider than your shoulders and squat down towards the floor. Drop your hips so that they nearly touch the ground and reach down with your hands and touch the floor in front of you. Explode up and forward into a long jump. At the top of the motion, your knees should be tucked close to your chest. Land softly with your knees slightly bent, then lower back down into a squat. Immediately explode up once again.

Muscles: Glutes, Quadriceps, Calves



EXERCISES (3/3)

CT201100830



DESCRIPTION & MUSCLES

Guard attack

Lie on your back with your knees bent and feet flat on the floor. Keep your back in a neutral position. There's no need to press your lower back into the ground, or arch the back off the ground. Hold a kettlebell in each hand just over your shoulders. Tense your abdominals, then perform a sit-up. As you get to the top of the motion, extend one arm and punch the kettlebell straight forward, then bring the kettlebell back to your shoulder. Switch arms with each repetition.

Muscles: Abdominals, Hip Flexors, Chest, Shoulders, Triceps

Kettlebell ground 'n pound

Position your feet slightly wider than your shoulders and grab a kettlebell with each hand. Lower into a quarter squat and bend forward slightly at the waist so that your hands are hanging down towards the floor in front of you. Keep your abs tight to protect your back, and make sure that your back, neck and head are in a straight line. Drive one elbow upwards, pulling the kettlebell to your chest. Return it to starting position and repeat with the opposite arm, performing the repetitions as quickly as you can as if mimicking striking someone on the ground below you. Your back should remain in a straight line, and at the same angle at the waist throughout the exercise.

Muscles: Latissimus Dorsi, Rhomboids, Biceps, Glutes, Quadriceps, Lower Back



DISCLAIMER

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



CIRCUIT INFORMATION

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01.

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

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

02.

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

03.

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

04.

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

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CIRCUIT INFORMATION

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05.

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

06.

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

07.

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

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08.

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

09.

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

10.

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

11.

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

12.

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

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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

CT201100830



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

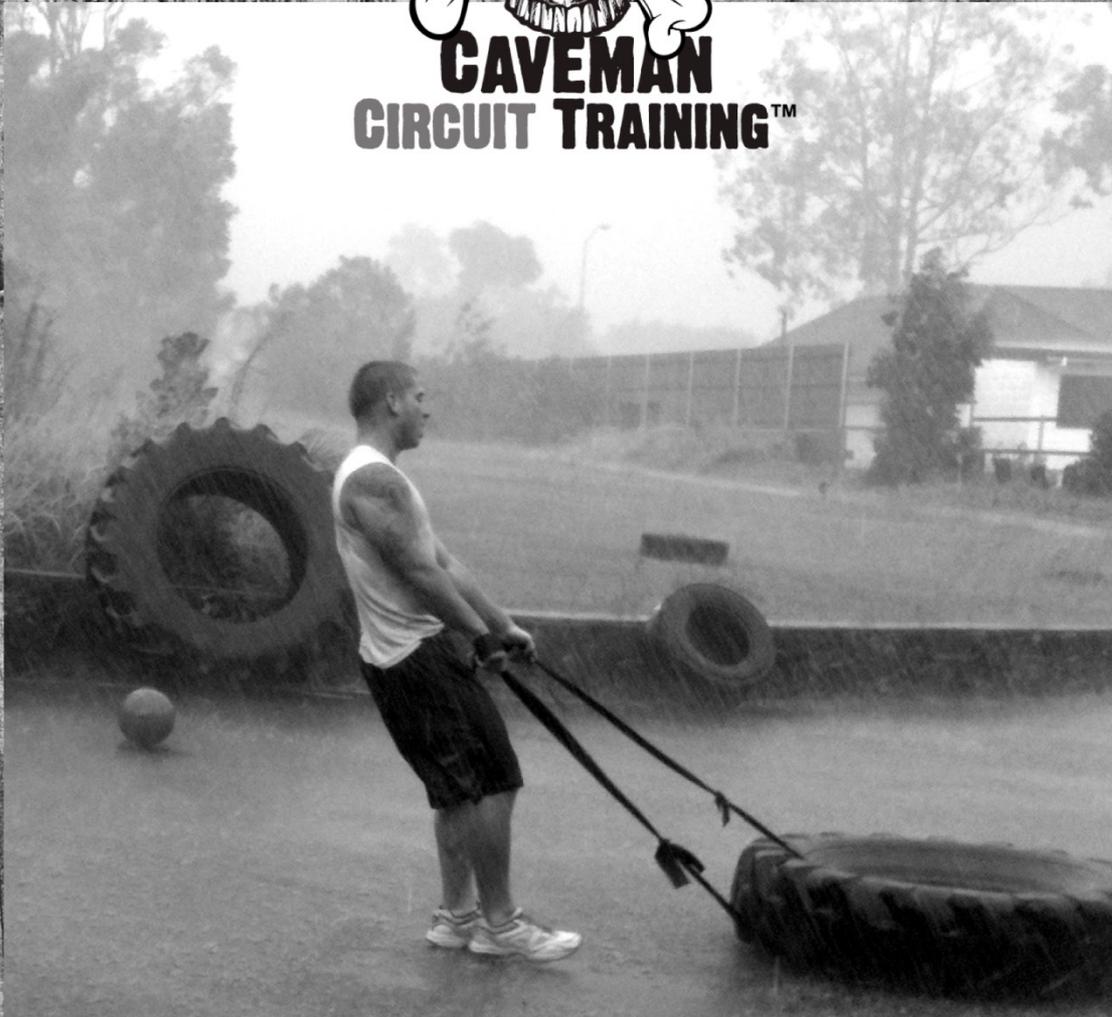
Mackay to Sydney	\$27.50
Melbourne, Adelaide & Tasmania	\$33.00

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