



CAVEMAN CIRCUIT TRAINING




CT201200851

BEGINNERS
INTERMEDIATE
ADVANCED

www.



cavemantraining.com.au



OVERVIEW

CT201200851



Program #:	CT201200851	
Program name:	Progress	
Number of stations:	11	
Participants exercise:	in pairs	
Circuit allows for:	22 participants max	
Recommended time per station:	45 seconds	
Approximate number of rounds:	3	
Total circuit time:	27 to 30 minutes	
Recommended break after each round:	15 seconds	
Program type:	Strength/Power/Cardio	
Level:	Beginners	
Muscles:	Chest Shoulders Triceps Biceps	Glutes Quadiceps Hamstrings Calves





INTRODUCTION

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In this 27 to 30 minute long circuit program, you will perform a significant number of repetitions that target your shoulders, biceps and triceps. This type of training volume stimulates muscle development, which means this particular session will effectively build muscular size and tone in your arms. The exercises are structured in a manner to begin with more basic exercises and then progress to more complex stations. This way, you'll master and understand how to correctly complete a basic movement before you incorporate that movement into a multiple component exercise.

This circuit features 11 stations, each of which last for 45 seconds each. You'll move from one station immediately into the next one, except for a quick 15 second break at the end of each round. In between the shoulder and arm exercises are intense, cardiovascular and anaerobically-based stations, such as burpees, jump rope and sprinting. As a result, these exercises will elevate your heart rate up into the red zone, and because you're continuing without rest, it will stay there throughout the duration of your workout. In addition to this type of back-to-back structure effectively developing your cardiovascular system and causing you to burn a significant number of calories, the quick pace will allow you to get in about 3 rounds of the 11 stations.

Our circuits are designed to push you to another level. No doubt you're going to find yourself taxed during the burpees, jump rope and sprints. Dig down deep! Focus on only the station that you're on and do the best you can during that particular 45 second period. You'll find that as you make your way through the workout and are able to push yourself, you'll become more mentally tough and will be able to handle the challenge!



See our YouTube channel for videos
www.youtube.com/executiveresults



THE CIRCUIT

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STATIONS

01. Kettlebell Bicep Curl 10kg / 8kg
02. Burpees
03. Kettlebell shoulder press left 6kg / 4kg
04. Kettlebell shoulder press right 6kg / 4kg
05. Burpees
06. Dumbbell bicep curl into shoulder press left 10kg / 7.5kg
07. Dumbbell bicep curl into shoulder press right 10kg / 7.5kg
08. Burpees
09. Jump rope
10. Tyre push
11. Sprint

THE CHALLENGE

No challenge in Beginners



EXERCISES (1/3)

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DESCRIPTION & MUSCLES

Kettlebell Bicep Curl 10kg / 8kg

Hold a single kettlebell by the horns with both hands and allow your arms to hang down to your sides. Keep your elbows into your torso as you bend your elbows and bring the kettlebell up towards your chest. Control the kettlebell back to starting position by extending your elbows.

Muscles: Biceps

Kettlebell shoulder press left 6kg / 4kg

Hold a kettlebell in your left hand against the left side of your chest with your palm facing inwards towards your body. Push the kettlebell up towards the ceiling so that it travels in a straight line. As you push, twist your wrist so that at the top, your palms faces outwards. Extend your arm fully and finish with the kettlebell directly over your left shoulder. When you control the kettlebell back down, twist your wrist so that your palm returns facing your body once it reaches your chest.

Muscles: Shoulders, Chest, Triceps

Kettlebell shoulder press right 6kg / 4kg

Hold a kettlebell in your right hand against the right side of your chest with your palm facing inwards towards your body. Push the kettlebell up towards the ceiling so that it travels in a straight line. As you push, twist your wrist so that at the top, your palms faces outwards. Extend your arm fully and finish with the kettlebell directly over your right shoulder. When you control the kettlebell back down, twist your wrist so that your palm returns facing your body once it reaches your chest.

Muscles: Shoulders, Chest, Triceps



EXERCISES (2/3)

CT201200851



DESCRIPTION & MUSCLES

Burpees

Begin in a pushup position. Hop to bring your feet to your hands, then immediately explode up into a jump. Stick the landing and then immediately hop your feet back and drop back into a push up position to perform the next repetition.

Muscles: Chest, Shoulders, Glutes, Quadriceps, Calves

Dumbbell bicep curl into shoulder press left 10kg / 7.5kg

Hold a dumbbell in your left hand and allow your arm to hang down to your sides with your palm facing forward. Keep your elbow into your torso as you bend your elbow and bring the dumbbell up towards your left shoulder. Your elbow should be directly underneath your wrist and dumbbell. Push the dumbbell up towards the ceiling so that it travels in a straight line. Extend your arm fully and finish with the dumbbell directly over your left shoulder. Control the dumbbell back down to your shoulder and then return it to starting position by extending your elbow.

Muscles: Glutes, Quadriceps, Calves, Shoulders, Triceps

Dumbbell bicep curl into shoulder press right 10kg / 7.5kg

Start in a pushup position. Perform one pushup, then explode upwards with both hands. While you're in the air, shuffle your hands to the right so that your left hand lands where your right hand began. Perform another pushup and explode upwards and shuffle to the left. Rotate back and forth, left to right right.

Muscles: Chest, Shoulders, Triceps, Abdominals



EXERCISES (3/3)

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DESCRIPTION & MUSCLES

Jump rope

Hold each end of a jump rope. Stand and begin with the loop of the rope resting on the ground behind your heels. Keep your elbows into your torso as you swing the rope around and over your head. Jump to clear the rope as it swings under your legs. Keep the rope moving in this manner, jumping as needed.

Muscles: Calves

Tyre push

Squat down and place your hands on the edge of the tyre. Step forward, driving off the ground with each step to slide the tyre forward.

Muscles: Glutes, Quadriceps, Hamstrings, Calves

Sprint

Run as fast as you can for the assigned distance. You should be running all-out, at 100% of your effort.

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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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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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

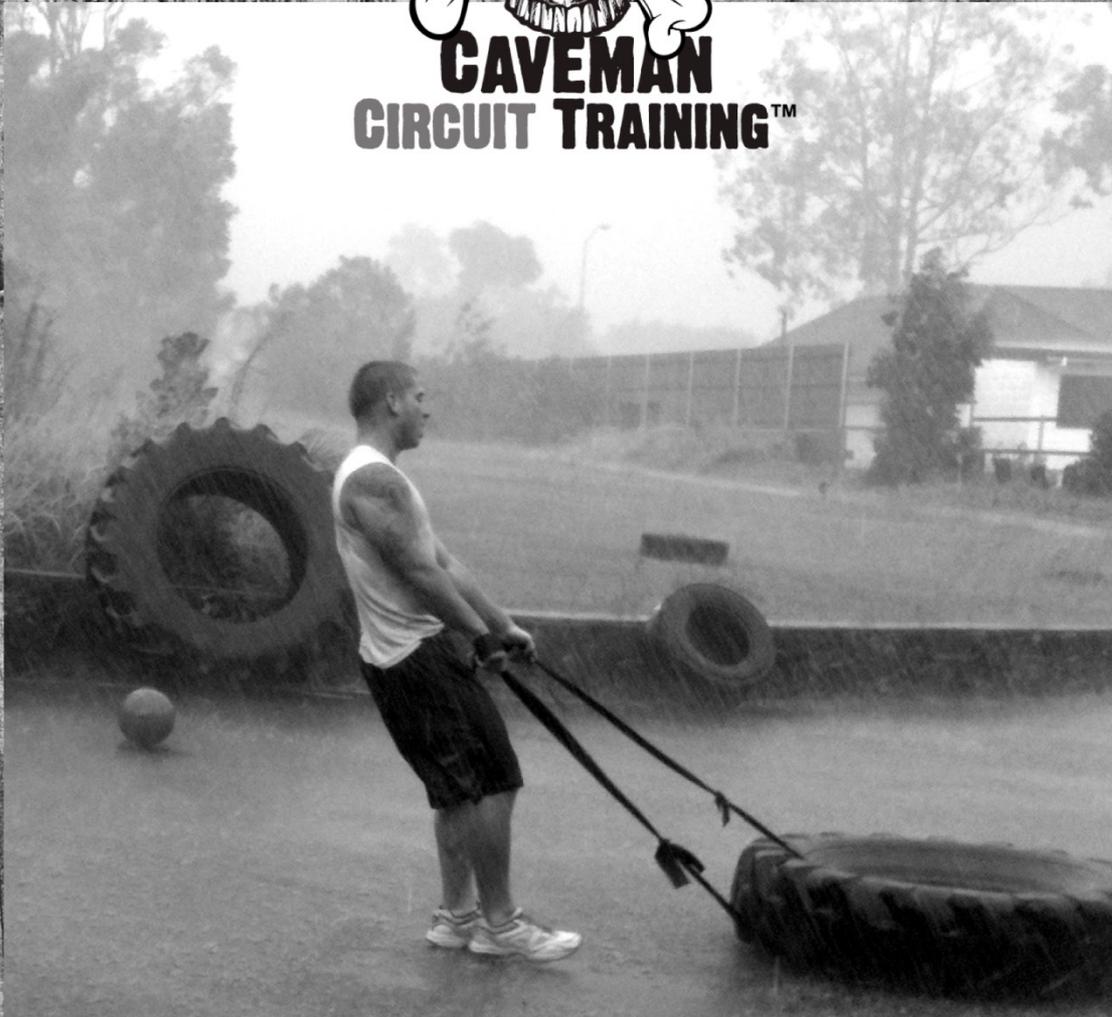
Mackay to Sydney	\$27.50
Melbourne, Adelaide & Tasmania	\$33.00

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