



CAVEMAN CIRCUIT TRAINING



CT201200858

BEGINNERS
INTERMEDIATE
ADVANCED

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cavemantraining.com.au

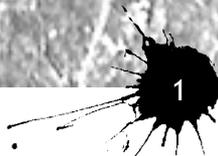


OVERVIEW

CT201200858



Program #:	CT201200858
Program name:	Not Tyre-d (Yet)!
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 to 4
Total circuit time:	27 to 30 minutes
Recommended break after each round:	10 to 15 seconds
Program type:	Agility & Cardio
Level:	Beginners
Muscles:	Glutes Hamstrings Quadriiceps Calves Adductors Abductors Chest Deltoids Triceps Biceps Back Core





INTRODUCTION

CT201200858



This effective workout is a great introduction to the Caveman style of training. It's suitable for both beginners and more experienced exercisers, and is targeted at helping you improve agility and build cardiovascular endurance. These elements of fitness are especially important if you engage in sports, but are also handy if you want to feel like less of a klutz in your everyday life.

The exercises are fairly easy to do, and there's a minimum of equipment. We mostly just use tyres and kettlebells. If you've never used tyres in your workouts before, you're in for a treat. You'll be surprised at how versatile this everyday item can be in making your workout both fun and challenging. (Plus it allowed us to give this workout a cool name!)

In the first half of each round, you'll be moving almost constantly, jumping in and out of tyres, dodging around poles, and generally doing lots of plyometric (explosive) moves. Agility combines balance, coordination, speed, reflexes, among other things, and the movement patterns are likely to be quite unfamiliar to you. This will keep you on your toes literally (and mentally) and challenge your agility. At the same time, the constant movement will challenge your cardiovascular system.

In the second half of the round, we change the focus a little bit to give you a breather from the constant running around. Don't think that we're making things easy for you though! You'll be working on your muscular strength and endurance, with moves that challenge all the muscles in your body. It's just as taxing as jumping in and out of tyres - just in a different way. Although there aren't any exercises where we'll be working your core specifically, you'll find that your abs and lower back are getting a good workout as you'll be using them continually during all the exercises to keep the body in perfect alignment.

Do this circuit 3 to 4 times, spending 45 seconds at each station, with no breaks in between each station. We'll give you a short 15-second break between each round to catch your breath. The exercises are challenging without being overly intimidating, and most beginners will be able to complete the circuit if they push themselves hard. Not "tyre-d" yet? You definitely will be when you're done!



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



THE CIRCUIT

CT201200858



STATIONS

01. Side shuffle & ball toss 10lbs
02. Travelling squats
03. Tyre jumps
04. Agility pole weaving
05. Tyre shuffles
06. Kettlebell swing 10kg
07. Tyre push
08. Kettlebell alternating shoulder press 2 x 8Kg
09. Kettlebell high pull 10Kg
10. Kettlebell bent over row 2 x 6Kg
11. Hurdle jumps x 4

THE CHALLENGE

No challenge in Beginners



EXERCISES (1/5)

CT201200858



DESCRIPTION & MUSCLES

Side Shuffle and Ball Toss

This is an agility exercise. Stand with your knees soft, feet about shoulder-width apart. Hold the slam ball in both hands at about chest level. Making sure that your head is in line with your shoulders, hips, and knees, toss the ball up into the air. There's no need to go for a lot of height - just try to get the ball up to about 1 meter above your head. As far as possible don't look at the ball, or stare at the ball waiting for it to drop back down. Instead, keep your gaze forward. Once you've tossed the ball up, immediately lower your body slightly by bending your knees and shuffle sideways to the end of the exercise area where there'll be another slam ball on the ground. Make sure your knees remain soft, and your chest is up and facing forward as you move. Pick up the slam ball, toss it into the air and immediately shuffle back the way you came.

Muscles: Calves, Abductors, Adductors, Glutes, Hamstrings, Quads, Shoulders, Triceps

Traveling Squats

This is an agility exercise. For this exercise, seven tyres will be placed on the ground in a vertical row in front of you. Stand in front of the row of tyres with your feet about shoulder-width apart. To start the exercise, straddle the first tyre with one foot on each side of the tyre. Lower your butt into a three-quarter squat position. Your knees should be bent, feet pointing forward. Now pick up your feet and travel forward, while still straddling the tyres. The tyres will keep your legs apart and help make sure you maintain the squat position all the way through. When you reach the last tyre, reverse direction but not the way you face your body. Pick up your feet one at a time and travel backward until you are back at the start position. Try to travel forward and back as quickly as you can, at all times keeping your knees directly over your ankles to ensure proper alignment. Remember to keep your core tight, back straight, and chest up during the exercise. If necessary, you can swing your arms to help with balance. You should also look forward at all times. Resist the temptation to look down at your feet or behind you as it will unbalance you.

Muscles: Calves, Abductors, Adductors, Glutes, Hamstrings, Quads



EXERCISES (2/5)

CT201200858



DESCRIPTION & MUSCLES

Tyre Jumps

This is an agility exercise. For this exercise, we'll place eight tyres in a vertical row in front of you, with a gap between each tyre that's just large enough for you to jump into and out of. Stand with your feet about shoulder-width apart, right in front of the first tyre. Sit back into a half-squat, then push off with both feet and jump lightly up and forward over the tyre. You should be landing lightly on the balls of both feet, with your knees soft. Immediately jump again with both feet over the second tyre, and continue until you reach the end of the line. At the end, run (don't walk) 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. Keep your head up rather than staring at the tyres. This will help with your balance.

Muscles: Glutes, Hamstrings, Quads, Calves

Agility Pole Weaving

This is an agility exercise. We'll place eight agility poles in a vertical row in front of you with just enough space between them to "slalom" between the poles. Stand just behind and to the side of the first pole, with your knees soft. Make sure your body is aligned. Take one large diagonal step forward and to the side so that you weave in between the first and second poles, then take a large diagonal step with your other leg in the opposite direction to weave between the second and third poles. You should be taking only one step to go between each pair of poles, and not shuffling between the poles. You may find that to get the distance you need, you will have to put some force into the movement and turn the step into a hop. Repeat until you reach the final pole then run (don't walk) back to the start and go again. The "slalom" should be a continuous series of movements, and you should weave around the pole smoothly. Remember to keep your core tight, head up, and eyes looking forward. Try not to look at the poles or your feet - you'll only trip yourself up.

Muscles: Glutes, Hamstrings, Quads, Calves, Adductors, Abductors



EXERCISES (3/5)

CT201200858



DESCRIPTION & MUSCLES

Tyre Shuffles

This is an agility exercise. There'll be a large tyre on the ground in front of you. Step onto the tyre so that one foot is on the rim of the tyre nearest to you. Step the other foot forward and place it on the opposite rim. You should be in a staggered stance with both feet on the tyre's rim. Your feet should be as far apart as you can get them on the tyre. (i.e. right over the centre line of the tyre). No cheating by shifting your feet to the left or right of centre and reducing the range of motion! Place your hands on your hips before you start to shuffle your legs forward and back. Keeping your knees soft and your chest up and back straight, jump up and switch the front foot to the back rim, and the back foot to the front rim, and repeat. Keep your core tight, and look forward to help with your balance.

Muscles: Glutes, Hamstrings, Quads, Calves

Kettlebell (KB) Swing

Stand directly in front of the KB with your legs wider than shoulder-width apart. Descend into a half-squat, and place both hands on the KB handle. Tighten your core muscles, and make sure that your back is straight. Lift the KB, then swing it gently between your thighs. You should be bent forward at the hips with your torso about 45 degrees to the ground. Your wrists should be pressing gently against your inner thighs. "Snap" your hips forward in an explosive movement, and use the momentum to swing the KB up in an arc. Counter the KB's weight by shifting your weight backward. At the top of the swing, the KB should be slightly above eye level. As the KB swings back down, slightly bend the knees to absorb the weight, and allow the KB to swing between the thighs. Make sure that your abdominals are tight throughout the movement, and that your back is not excessively arched or rounded at any point of the exercise.

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



EXERCISES (4/5)

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DESCRIPTION & MUSCLES

Tyre Push

The tyre will be in front of you. Bend your knees and descend into a half squat. Fold forward from the hips. Place your hands on the edge of the tyre, elbows fully extended. Ensure that your core is fully engaged to support your back. Your back should be straight. Your neck should be in line with your spine - keep your head in a neutral position. There's no need to look down or up. Step forward with one leg then piston your legs to drive the tyre forward. When you reach the end, move over the other side of the tyre, and push the tyre back to the start position. Repeat.

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

Kettlebell (KB) Alternating Shoulder Press

The two KBs will be on the floor. Stand with your feet shoulder-width apart right in front of the KBs. Lower into a squat position, and grab one KB 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 KBs are relatively light, so you should be able to pull the KBs 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 inward toward your chest. Tighten your abdominal muscles to support your torso and spine, pull your shoulder blades back and down, and push one KB directly overhead until your elbow is fully extended and biceps close to the ear. Your palms should now be facing outward. Lower the kettlebell back to your shoulder and press the other kettlebell up with the opposite arm. Repeat, alternating sides. Be careful not to arch your back as you push KBs up.

Muscles: Deltoids, Triceps, Core

Kettlebell (KB) High Pull

The KB will be on the floor. Stand with your feet shoulder-width apart right in front of the kettlebell. Lower into a squat position, and grab the KB with both hands 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. You'll be holding the KB at about groin level with your elbows fully extended. Bend your knees slightly and dip your body. As you pop up use the momentum to help you pull the KB 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. Repeat

Muscles: Trapezius, Deltoids



EXERCISES (5/5)

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DESCRIPTION & MUSCLES

Kettlebell (KB) Bent Over Row

Stand with a KB in each hand, with your feet about shoulder-width apart. Draw up your spine and make sure that your head, shoulders, hips and knees are in line. Tighten your abdominals to support your back and spine. Fold at the hips and lean forward so that your torso is about 45 degrees to the ground. Make sure that you don't round your back; instead your back should remain flat. Allow your arms to dangle straight down from your shoulders, elbows fully extended. Your palms should be facing toward the body. Draw your shoulder blades back and down, and keeping the torso at the same angle and your back flat, drive your elbows straight back to bring the KBs next to your chest. Keep your arms close to your body, and make sure not to let your elbows "flare" out to the side. Extend your arms to lower the KBs. Repeat.

Muscles: Back, Biceps, Core

Hurdle jumps

This is an agility exercise. We'll have four hurdles set up in a vertical row in front of you with enough space between them to jump in and out. Stand in front of, and fairly close to, the first hurdle. Your feet should be about or slightly less than shoulder-width apart with your knees soft. Make sure that your head is in line with your shoulders, hips and knees. Bend your knees slightly then push off with both feet and jump lightly up and forward over the hurdle. You should be landing lightly on the balls of both feet, with your knees soft. Immediately jump again with both feet over the second hurdle, and continue until you complete all four. At the end, run (don't walk) 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. Keep your head up rather than staring at the hurdles. This will help with your balance.

Muscles: Glutes, Hamstrings, Quads, 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

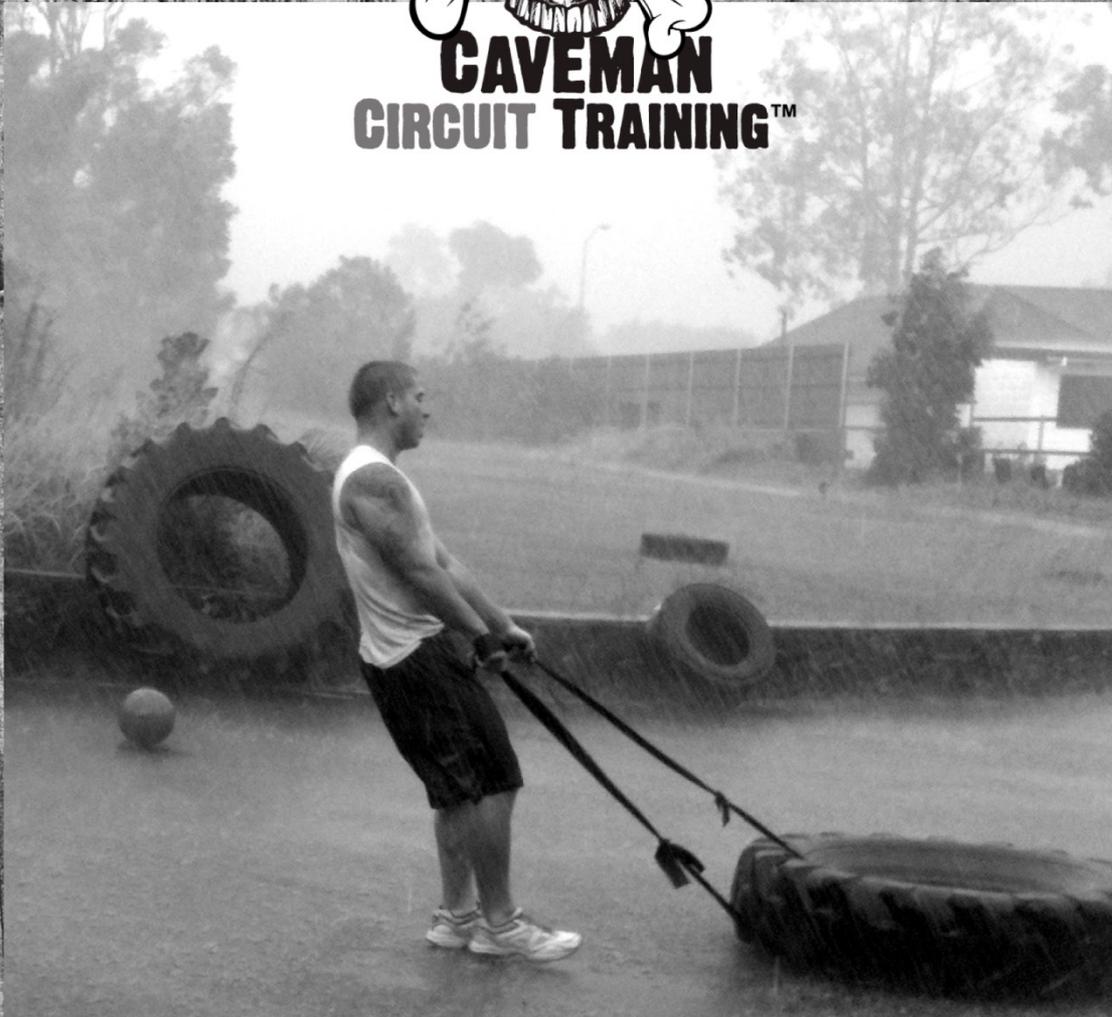
Mackay to Sydney	\$27.50
Melbourne, Adelaide & Tasmania	\$33.00

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