



# CAVEMAN CIRCUIT TRAINING



CT201200860

BEGINNERS  
**INTERMEDIATE**  
ADVANCED

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cavemantraining.com.au

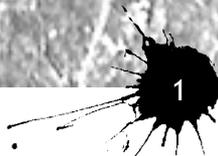


# OVERVIEW

CT201200860



<b>Program #:</b>	CT201200860	
<b>Program name:</b>	Fighting Fit	
<b>Number of stations:</b>	7	
<b>Participants exercise:</b>	in pairs	
<b>Circuit allows for:</b>	14 participants max	
<b>Recommended time per station:</b>	45 seconds	
<b>Approximate number of rounds:</b>	3 to 4	
<b>Total circuit time:</b>	27 to 30 minutes	
<b>Recommended break after each round:</b>	None	
<b>Program type:</b>	MMA Workouts	
<b>Level:</b>	Intermediate/Advanced	
<b>Muscles:</b>	Glutes Hamstrings Quadriceps Calves Hip flexors Abdominals/Core	Back Chest Deltoids Triceps Biceps Lower Back/Core





# INTRODUCTION

CT201200860



Get ready to work - and work hard - with this circuit for intermediate and advanced exercisers. In fact, it's killer workouts like these that give Caveman Training its reputation. This session incorporates mixed martial arts (MMA) moves, plyometrics, weight training, and endurance training to give you a tough workout that will challenge all aspects of your fitness.

In this seven-station circuit, you'll be training like a real fighter, and learning strikes, drills, and moves that martial artists use. You'll build strength and power in the major muscle groups in both your upper and lower body. You'll also build up your core, since your abs and lower back will need to be constantly engaged throughout the exercises. As you'll be working in almost continuous bursts of intense activity, this circuit will also bring your cardiovascular fitness to the next level.

You'll go through the circuit three to four times, spending 45 seconds at each station. Each exercise 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! Once you're done with one station, go straight to the next. No breaks, no rest periods, just lots of sweat and hard work. But it's not over until it's all over - after you've completed the circuit, you'll plunge straight into the Challenge, which will be 10 minutes of non-stop high intensity hell - dips, push-ups and box jumps.

If you've watched MMA fights, you'll know just how fit these elite athletes are. If you want to be anything like them, you'll need to train just as intensely. Luckily, Caveman Training will help you do just that. Keep training with us, and when we're done with you, you'll definitely be on your way to becoming fighting fit.



The video footage for this circuit can be found here <http://youtu.be/nDRjPBFx-DQ>



# THE CIRCUIT

CT201200860



## STATIONS

01. Roundhouse kicks to mid section (one for one)
02. Rope climb
03. Sprawls
04. Knees
05. Treadmill 20% incline
06. Jab cross 2 x 4Kg kettlebell
07. Powerbag shouldering with a squat and explosive jump  
10Kg / 15Kg

## THE CHALLENGE

You have ten minutes to complete:

- 100 dips
- 60 push ups
- 100 small box jumps or other elevated area
- 40 push ups



# EXERCISES (1/5)

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## DESCRIPTION & MUSCLES

### Roundhouse kicks

Pick up a kick pad, and put your left arm through the straps. Stand at a diagonal to your partner and hold up the kick pad up with your left arm, using the right hand to hold the top handle to help keep the pad in position. You'll take turns to perform the roundhouse kick. When it's your turn, perform the roundhouse kick by pivoting on your left foot and setting it so that it is pointed to the left, and perpendicular to your partner. Step your weight onto your left foot, keeping your left knee very slightly bent. Rotate your body to left while extending your right leg and performing the roundhouse kick to the kick pad. Snap out the kick as quickly and explosively as possible, and strike the kick pad with your lower shin. Alternate kicks with your partner. Make sure to keep your core very tight during the entire move; this will help with your balance, as well as with supporting your spine. Switch legs on the next round. If you don't have a partner, one of the trainers will assist, or will assign you to use a hanging boxing bag instead.

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

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### Rope climb

The rope climb exercise is excellent for building up the strength to drag your opponent towards you, or to drag your opponent down. This move requires a fair amount of upper body strength as you'll be using only your arms to pull you up the rope. Stand directly next to the rope, and place one hand on the rope above your head, arm almost fully extended. The other hand can be placed at about face level. Tilt your torso slightly back and pull yourself up the rope hand-over-hand. Make sure that you are activating your back muscles, and not just pulling with your biceps. You can kick with your legs for a bit of momentum and to help with balance. Climb only as high as you are comfortable, and remember to lower yourself down the rope hand-over-hand as well - don't just let go and drop to the ground. If you don't feel strong enough to climb up the rope, or if your muscles have become fatigued, modify this move by placing both feet flat on the floor, with your knees bent at 90 degrees. "Walk" your feet out in front of you until you are almost parallel to the floor. Your feet should still be flat on the floor with your butt off the ground. Use your arms to pull you up until you are in a standing position, then lower yourself back down.

*Muscles:* Back, Biceps, Triceps, Deltoids, Core



# EXERCISES (2/5)

CT201200860



## DESCRIPTION & MUSCLES

### Sprawls

In MMA, sprawls are used to stop your opponent from taking you down. Here's how it works in a fight - your opponent will be going for your legs and trying to drive you back. In response you would try to push your opponent back with your arms while kicking your legs back and bringing your hips as close to the ground as possible. In the circuit, you can simulate the sprawl by standing with your feet about shoulder width apart, and step one foot forward so that you are in a staggered stance. Raise both hands up, with one hand in front of your face, and the other around chest height. This is the start position. Imagine you are pushing your opponent down, then squat down and place your hands on the ground about shoulder-width apart. Jump back with both feet into a modified push-up position with your hips as close to the ground as possible. (Your elbows will most likely be bent). Make sure that your core is tight, and your entire body is in a straight line. In a fluid movement, jump your feet back into the staggered stance, straighten up and bring your hands back up so that you are again in the start position. You should land where you took off, with your knees soft to absorb the impact. Repeat.

*Muscles:* Glutes, Quadriceps, Calves, Abdominals, Chest, Deltoids, Triceps

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### Knees

The boxing bags will be placed against a wall or a pillar, with the bottom resting on the floor. Place your hands on top of the boxing bag as if you're performing a clinch, and step your feet slightly back from the boxing bag. Take a split stance with your left foot in front and your right foot behind. Swing your right leg back, and then drive your right knee explosively into the bag. As you return your right 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 draw your left leg back and then drive your left knee into the pad. There should be no pause between each strike, and you should continue alternating knees until time is up. Perform each knee strike at maximum power. The power from this move should be generated by both your core and hip flexors.

*Muscles:* Hip Flexors, Abdominals, Quadriceps, Core



# EXERCISES (3/5)

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## DESCRIPTION & MUSCLES

### Treadmill

The treadmill will already be running at a 20% incline throughout the class. Place both hands on the bars at the side of the treadmill and step carefully up onto one side, then the other. The belt will be running between your legs. Straighten up both arms to lift your body so that your feet are now off the sides of the treadmill. Carefully lower yourself onto the treadmill belt and begin running. Let go of the bars once you are able - do not hold on to the bars during the exercise. Instead, allow your arms to swing normally as you tackle the incline. If you find yourself sliding off the back of the belt, or if you need to grab onto the bars to stay on the machine, lower the speed so that you can stay near the front of the machine without having to use your arms. Make sure that your head and chest are up, and that your knees remain soft while you run.

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

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### Jab cross

Stand with your feet about shoulder-width apart and then step one foot forward so that you are in a staggered stance or boxing stance. Hold a small kettlebell in each hand, and bring your arms up in front of you, elbows bent and pointed downward. Don't allow your elbows to flare out to the side. Your hands should be up in front of your head to shield your face. The back of your hands should be facing forward. Jab one arm forward explosively, extending your elbow fully. Rotate your entire body to put your core strength, body weight, and shoulder into the jab for maximum power. When your arm is fully extended, your chin should be next to your shoulder. Quickly bring your arm back so that your hand is in front of your face, and jab with the other arm. Make sure that you keep your core very tight during the exercise. Your body should remain upright, and the rotation during the jab should come from the hips.

*Muscles:* Chest, Back, Deltoids, Triceps, Biceps, Core



# EXERCISES (4/5)

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## DESCRIPTION & MUSCLES

### **Powerbag shouldering with a squat and explosive jump**

The Powerbag will be placed horizontally on the ground in front of you. Stand with your feet about shoulder-width apart right in front of the Powerbag. Bend your knees and sit back, making sure that your knees don't go in front of your toes. Fold forward at the hips, making sure that your back remains straight, and your chest lifted. Grab the Powerbag with both hands and tighten up your core muscles. Quickly push out of the squat into a fully upright position while simultaneously bringing the Powerbag up and onto one shoulder. It should be resting length-wise on your shoulder, and you should be holding the Powerbag with your elbows bent and both hands just in front of your shoulder. Sit back into a squat, making sure that your back is straight and your chest is up. At the bottom of the squat your thighs should be parallel to the ground. Push out of the squat explosively and jump up, extending your body fully. At the same time, extend both elbows and push the Powerbag overhead. As you descend from the jump, move the Powerbag slightly to the side, and lower it to the other shoulder as you land softly back into squat position. Repeat, alternating sides with the Powerbag. This move is excellent for building up strength and power to bring an opponent in a fight down, or to push your opponent off you during the bout.

*Muscles:* Glutes, Quadriceps, Hamstrings, Calves, Deltoids, Triceps

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### **Dips**

Sit on the edge of a step and place your palms on the ground as close to your hips as possible, with your fingers facing forward. Tighten up your abs and lift your butt off the step and just slightly forward. (The weight of your torso and hips should remain centred just to the front of the step.) Your knees should be bent at about 90 degrees, and your feet flat on the ground. Bend your elbows to lower your body until the angle between your forearm and upper arm is about 90 degrees, then push back up to the start position. At all times, do not allow your elbows to flare out. Instead, ensure that your elbows are pointed behind you. To increase resistance, extend your legs.

*Muscles:* Triceps, Chest, Deltoids





# EXERCISES (5/5)

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## DESCRIPTION & MUSCLES

### Push Ups

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

*Muscles:* Chest, Triceps

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### Box Jumps

Stand in front of the box or step with your feet about shoulder-width apart, and your knees soft. Your arms should be at your sides. Bend your knees and dip down slightly then jump up and forward explosively with both legs. You can swing your arms forward to help with the jump. Land with both feet on top of the box, shoulder-width apart, and knees slightly bent to absorb the impact. Make sure that your feet are completely on the box. Hold the position for a moment, then jump both feet back and off the box. Repeat.

*Muscles:* Hamstrings, Calves, Glutes, Quadriceps



# 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

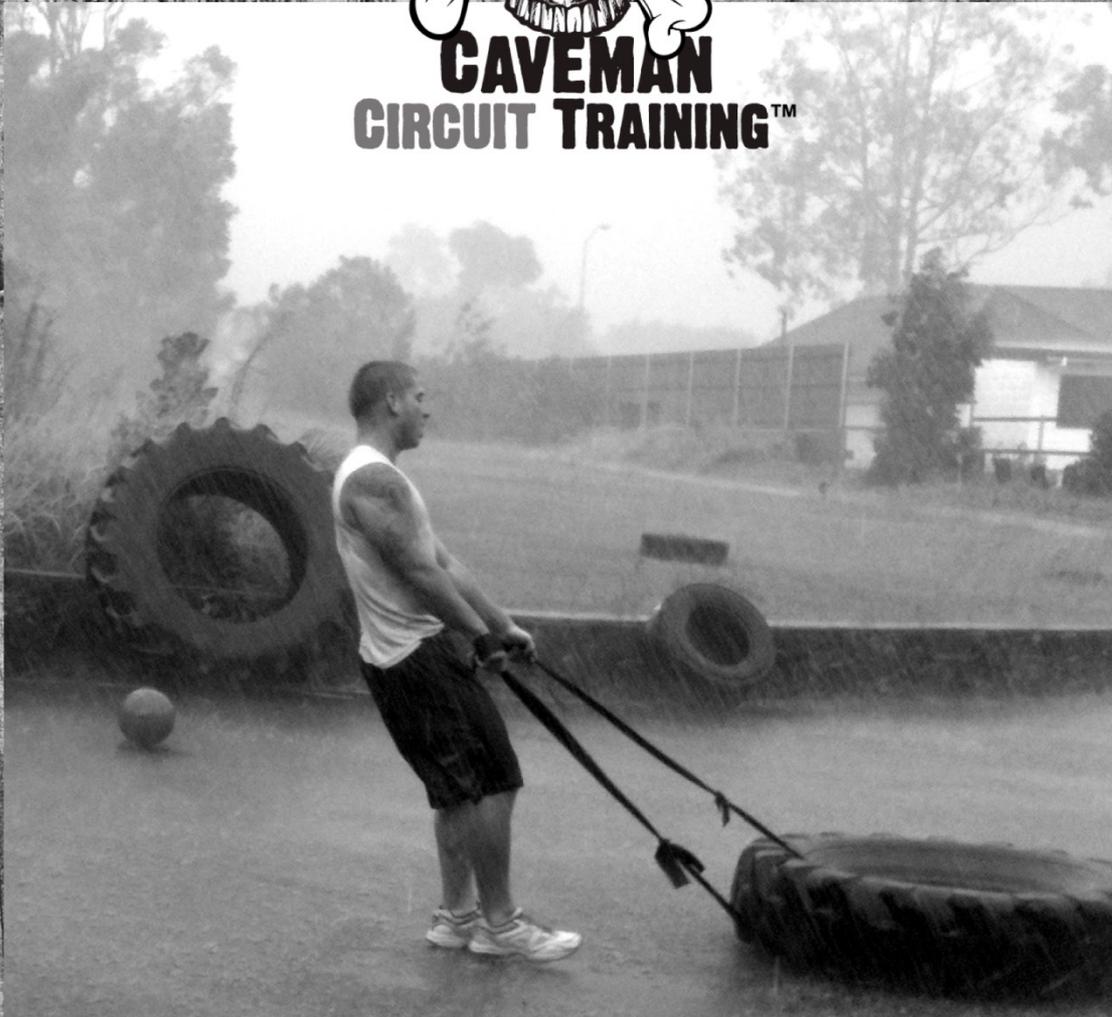
Mackay to Sydney	\$27.50
Melbourne, Adelaide & Tasmania	\$33.00

[www.executiveresults.com.au](http://www.executiveresults.com.au)





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