



CAVEMAN CIRCUIT TRAINING



CT201200862

BEGINNERS
INTERMEDIATE
ADVANCED

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cavemantraining.com.au

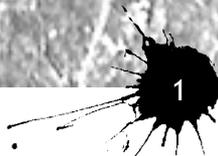


OVERVIEW

CT201200862



| | | |
|--|---|-------------------------------------|
| Program #: | Taco | |
| Program name: | All Rounder | |
| Number of stations: | 8 | |
| Participants exercise: | in pairs | |
| Circuit allows for: | 16 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: | Strength / Endurance / Agility | |
| Level: | Intermediate/Advanced | |
| Muscles: | Glutes Hamstrings Quadriceps Calves Chest | Deltoids Triceps Back Core |





INTRODUCTION

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Get ready for an intermediate workout that will challenge all aspects of your fitness, then the Caveman Training “All Rounder” is for you. You’ll be using a combination of free weights, kettlebells, and tyres for resistance during the session. The exercises that we’ve chosen will work the muscles in both your upper and lower body and help you build strength and power.

You’ll also be getting a great core workout as you work your abs and lower back to keep your body in alignment during the exercises. You’ll be moving quickly from station to station, and the non-stop nature of the workout will also enhance your endurance. In addition, we have some agility drills to make sure that you stay quick on your feet.

You’ll do this circuit 4 to 5 times, spending 45 seconds at each station, with no breaks in between each station. There are no breaks between each round either - just keep going until we tell you to stop.

We’ll wrap up this tough workout with the Challenge. It’s ten minutes of unrelenting hell as you do tyre squat presses, tyre burpees, and tyre overhead lunges. We guarantee your legs and arms will be just as rubbery as the tyres you’re carrying by the end of the workout!



The video footage for this circuit can be found here <http://youtu.be/pP2cSmagXxs>



THE CIRCUIT

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STATIONS

01. Olympic bar overhead squat
02. Burpees
03. Dumbbell squat clean & press 2 x 10kg
04. Kettlebell sumo deadlift 20kg
05. Dumbbell overhead punches and high knees 2 x 15kg
06. Tyre burpees
07. Tyre jumps
08. Tyre wars

THE CHALLENGE

- 10 minutes to complete
- 50 x tyre squat press
 - 50 x tyre burpees
 - 50 x tyre overhead alternate lunges (50 each leg)



EXERCISES (1/5)

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DESCRIPTION & MUSCLES

Olympic Bar Overhead Squat

The Olympic bar will be resting on two tyres, slightly elevated off the ground. Stand with your feet shoulder-width apart right in front of the bar or with your toes just under the bar. Sit back and lower into a half-squat position, fold at the hips, and place both hands about wider than shoulder-width apart on the bar with an overhand grip. Check that your back is straight, engage your core muscles, and get ready to deadlift the bar. In a swift movement, push through your legs, thrust your hips forward, and rise from the half-squat into a standing position, dragging the bar up past your shins to the front of your thighs. Bend your knees and dip your body slightly, then pop up. Use the momentum to pull the bar up to your shoulders and flip your grip so that your palms are facing forward. The bar should be resting on your upturned palms at shoulder height. Bend your knees and dip your body slightly again, and use the momentum as you pop up to help you press the bar over your head. Your hands should be about 1 ½ times shoulder-width apart, with the bar directly over your head and centred over your body. Make sure that your elbows are extended and your arms are stable. Your feet should still be about shoulder-width apart. Bend your knees and push your hips back, as if you're about to sit down on a low chair. Make sure that your knees don't go beyond your toes, and that at the bottom of the movement, your thighs are about parallel to the ground. Push through your heels and bring your hips forward to return to the start position. At no point during this exercise should your back be arched or rounded. To help with your balance, keep your head and chest up, and your gaze fixed straight ahead or slightly upward. If you look down, you will tend to tip forward. Always keep the barbell balanced and directly overhead.

Muscles: Glutes, Quads, Hamstrings, Calves, Deltoids, Triceps, Core

Burpees

Squat down and place your hands on the ground about shoulder-width apart. Jump back with both feet into a push-up position, making sure that your core is tight, and your entire body is in a straight line. Jump your feet back to the starting position and in one fluid move, explode into a vertical jump and extend your arms over your head. Jump straight up, and as high as you can. You should land where you took off, with your knees soft to absorb the impact.

Muscles: Glutes, Quadriceps, Calves, Abdominals, Chest, Shoulders and Triceps



EXERCISES (2/5)

CT201200862



DESCRIPTION & MUSCLES

Dumbbell squat clean & press

The dumbbells will be on the floor. Stand with your feet shoulder-width apart with the barbells in front of you. Sit back and lower into a half-squat position, fold at the hips, and pick up the dumbbells in a neutral grip, palms facing in. Check that your back is straight, engage your core muscles, and push through your legs, thrust your hips forward, and rise from the half-squat into a standing position. Use the momentum to simultaneously bring the dumbbells up your side and up to your shoulders. Your palms should be facing in toward your ears. Press the dumbbells directly over your head, with your elbows fully extended. Pause with the dumbbells overhead for a moment then lower it back to your shoulders before flipping your grip and lowering the dumbbells to your side with elbows extended. Sit back down into a squat. At the lowest point of your squat, your thighs should be parallel to the ground, and the barbells should be no more than an inch or two from the ground. Repeat the move. At no point during this exercise should you arch or round your back.

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

Kettlebell Sumo deadlift

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. 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



EXERCISES (3/5)

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DESCRIPTION & MUSCLES

Dumbbell overhead punches and high knees

Hold a dumbbell in each hand and stand with your feet about shoulder-width apart. Bring the dumbbells up to your shoulders, and hold them with your palms facing in toward your ears. Tighten up your core muscles and make sure that your head is directly over your shoulders, hips and knees. Stand in place with your feet hip-width apart. Drive your right knee toward your chest, bringing it as high as you can. Return the right foot back to the ground and immediately drive the left knee toward your chest. Alternate knees as quickly as you can, and lift your knees so that your thighs are least parallel to the ground. At the same time, alternate extending each arm straight up, pressing the dumbbells overhead.

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

Tyre Burpees

The tyre will be on the ground in front of you. Place your hands at "3 o'clock" and "9 o'clock" and jump back with both feet into a push-up position, making sure that your core is tight, and your entire body is in a straight line. Lower your chest toward the tyre, ensuring that your body remains in a straight line, then push back up until your elbows are extended. Jump your feet back to the starting position, and in one fluid move, lift the tyre with both hands, explode into a vertical jump and extend the tyre over your head. You should jump straight up, and as high as you can. You should land where you took off, with your knees soft to absorb the impact. Make sure that your back doesn't arch or round at any time during this exercise.

Muscles: Glutes, Quadriceps, Calves, Abdominals, Chest, Shoulders and Triceps, Core



EXERCISES (4/5)

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DESCRIPTION & MUSCLES

Tyre jumps

There'll be a number of large tyres placed in a row in front of you, with a gap between each tyre so that you'll have enough space to jump into and out of the tyres. 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 rim of the tyre. You should be landing in the middle of the tyre. Land lightly on the balls of both feet, with your knees soft. Immediately jump again with both feet over the rim of the tyre, and land outside the first tyre. Jump into and out of the second tyre, and continue jumping until you reach the end of the line. At the end, run 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

Tyre Wars

Stand on the opposite side of the large tyre from a partner. Set your feet in a split stance for better stability. Starting with your elbows bent, and hands close to your chest, explosively push the tyre with both hands so that it falls towards your partner. Make sure you don't lock your elbows at the top of the motion. When pushing, keep your feet planted, and your core tight. The force should come mostly from your upper body. Your partner, also in a split stance, will catch the tyre and immediately push it back towards you. Allow the tyre to fall toward you, and shift your weight slightly backward if necessary. Catch the tyre just before it reaches your chest, then explosively push the tyre away again.

Muscles: Chest, Shoulders, Triceps, Core



EXERCISES (5/5)

CT201200862



DESCRIPTION & MUSCLES

Tyre Squat Press

The tyre will be flat on the ground. Stand with the tyre in front of you, with your feet about shoulder-width apart, your core fully engaged. Drop into a squat and pick up the tyre with both hands, holding the tyre at “3 o’clock” and “9 o’clock”. With your core fully engaged, stand up out of the squat and lift the tyre up to chest height then immediately extend your arms fully and push it up. The tyre hole should be directly over your head. Bend your elbows to lower the tyre to your shoulders so that your head goes through the hole. (Be careful not to hit yourself in the head or chin with the inner rim of the tyre.) Sit back down into a squat, keeping the tyre lowered. As you stand up from the squat again, extend your arms again and push the tyre up over your head. Repeat. Remember not to arch or round your back on the lift. Your abs should be tight to support your back.

Muscles: Shoulders, Chest, Triceps, Quads, Glutes, Hamstrings, Core

Tyre Overhead Alternate Lunges

There’ll be a tyre flat on the ground right in front of you. With your feet about hip-width apart, descend into a squat, making sure that your back is straight. Pick up the tyre with both hands, holding the tyre at “3 o’clock” and “9 o’clock”. Your elbows will be fully extended, and your arms straight. Keeping your core fully engaged, straighten explosively out of your squat, simultaneously raising the tyre over our head with your arms still fully extended. The tyre should be balanced with the “hole” of the tyre over your head. Make sure that you don’t arch your back. Now, take a larger than usual step forward. Keep your body upright and the tyre stacked directly over your shoulders. You should look forward to help with balance. Descend into the lunge, making sure that your front thigh is parallel to the ground, and your front knee does not go beyond your toes. Your back knee should be hovering just a few inches or so above the ground, and your back heel will be lifted. Both your knees should be bent at 90 degrees. Push through the heel of your front foot to bring your body back up again, and bring your front foot back to the starting position such that you are standing upright with the tyre still held directly overhead, and with both feet about hip-width apart. Repeat on the other side and alternate.

Muscles: Quads, Glutes, Hamstrings, Calves, Deltoids, Triceps, Core



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

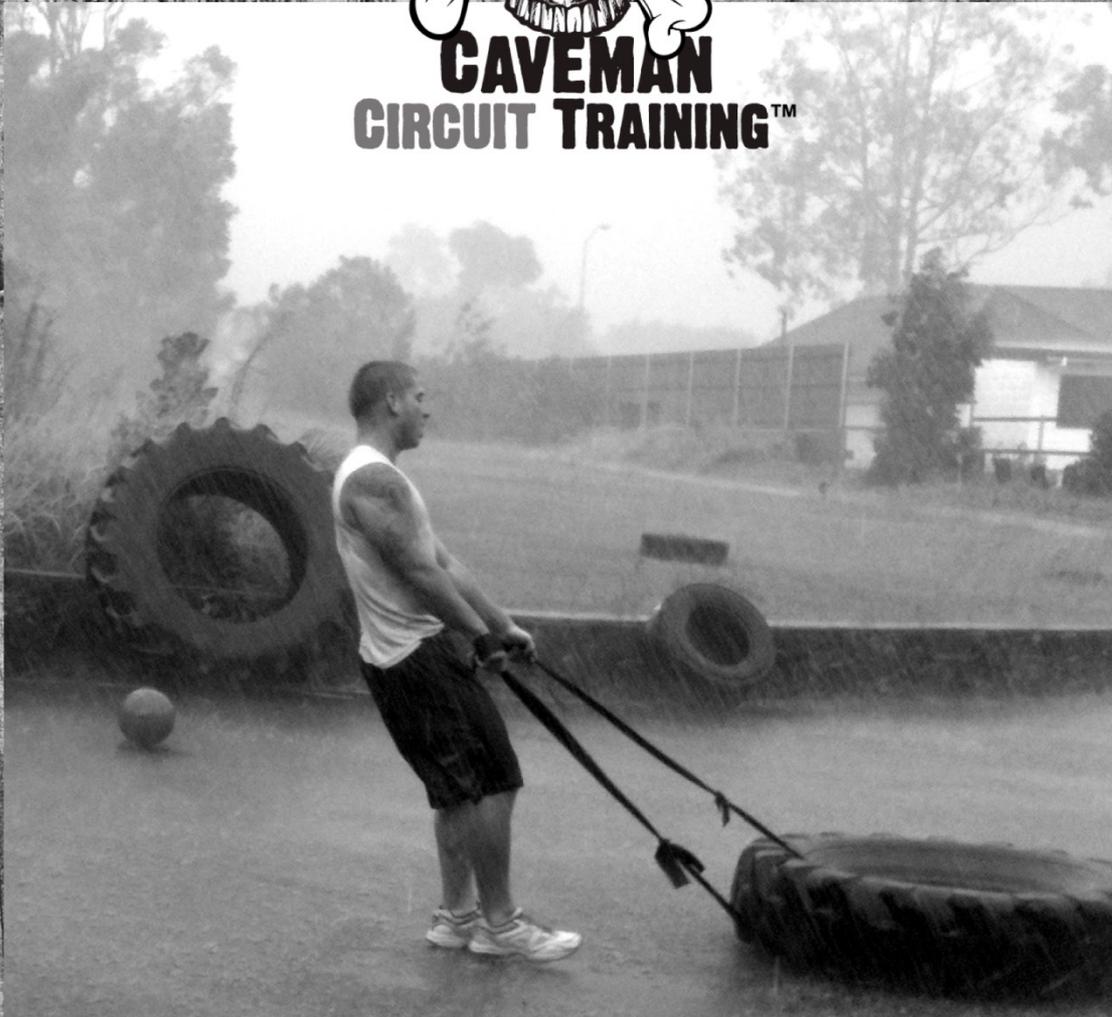
| | |
|--------------------------------|---------|
| Mackay to Sydney | \$27.50 |
| Melbourne, Adelaide & Tasmania | \$33.00 |

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