

# FITNESS FOCUS

## “Busy? Try Circuit Training”



In today's busy society, many fitness centers are seeking ways to provide their members with a time-efficient, yet effective workout. Cardiovascular and strength circuit training programs enable facilities to do this as they are designed to move participants through a sequenced order of exercises for a total-body workout that can be completed in less than 30 minutes. Therefore, this format of circuit training allows fitness facilities to help busy people fit exercise into their day.

Cardiovascular and strength circuit training is a total-body workout that involves performing a series of different exercises in one training session, alternating between intervals of strength training and cardiovascular exercise. Because the workout includes both strength and cardio training, exercisers will realize the benefits of both types of exercise.

Some of the benefits of total-body strength training include increased strength, lean body mass, improved posture and muscle balance and increased bone density, which helps prevent osteoporosis.

Unlike circuit programs, traditional strength training allows for heart rate recovery during the rest period between strength training exercises. Because circuit program exercises quickly alternate between strength and cardiovascular, the exerciser's heart rate remains elevated and sustained above a resting level throughout the workout. This promotes cardiovascular conditioning and reduces the need for a separate cardiovascular component in the workout. Benefits of cardiovascular conditioning include improved energy levels, lower blood pressure, increased HDL (good cholesterol) levels, reduced risk of heart disease and improved endurance.

Circuit training programs are also proven to burn more calories compared to traditional strength-training programs due to the maintenance of an elevated heart rate. By keeping the heart rate up throughout the session, more work is performed in less time resulting in greater caloric expenditure during the workout. The addition of cardiovascular exercise between strength exercises also increases lean body mass, which results in a higher resting metabolism. This means more calories are burned throughout the day.

The end result is that circuit training improves general conditioning, body composition, muscular endurance, muscular strength, and cardiovascular fitness. If you're interested in starting a circuit training routine please schedule an appointment with one of the Nimkee Fitness personal trainers.

Article found at: <http://us.commercial.lifefitness.com>