

# ***Circuit Training***

*Linda Haught*

1. Begin with a five minute warm-up with aerobic exercise at a very moderate pace in order to get the heart rate and body temperature up before your workout.
2. Your circuit should begin with your first strength-training exercise followed by one minute of your aerobic exercise at an intensity of 6 on a scale of 1 to 10.
3. Go to strength-training exercise number 2 and then your aerobic exercise at an increased intensity (7).
4. Make sure you move rapidly from one exercise to the next.
5. The next two aerobic workouts should be very hard (8-9). Talking should be difficult and your muscles will burn.
6. The following aerobic bursts should taper down to a 5.
7. After completing the last strength-training exercise cool down at a level of 3-4 for four to five minutes and then do your stretching exercises.
8. Make sure that in the middle of your workout you are breathing fairly heavy to ensure that you are shoving up against your aerobic threshold. This forces your body to become more efficient at burning fat.