



GET SKINNY

CIRCUIT TRAINING FOR WEIGHT LOSS

NAME: _____

Circuit Training for Weight Loss Guidelines

- **Duration:** 4-8 weeks
- **Days per week:** 2-3 (Leave 24-48 hours between sessions)
- **Exercise Reps:** 10-12
- **Load:** Body weight
- **Circuits:** 3-4
- **Rest interval:** 15-30 seconds between exercises: 3-4 minutes between circuits
 - **The last few reps on each exercise should be taxing.** When you can comfortably perform the number of reps suggested, increase your repetitions. Be sure to warm up with 7-10 minutes of light cardio like walking or jogging in place before you start.

Circuit Training Exercises

Alternating Forward Lunge (both legs)

1. Stand with your feet together, and lunge forward with the first leg. When you make contact with the ground, first land on your heel then on the forefoot.
2. Lower your body by flexing knee and hip of front leg. Continue this until the knee of rear leg is almost in contact with floor but not touching.
3. Return to original standing position by forcibly extending hip and knee of forward leg.
4. Repeat by alternating lunge with opposite leg.

Side Squat (both legs)

1. Start with your feet shoulder width apart, and bring your right foot out while squatting. When you are landing, your feet should be wider than shoulder-width apart, toes pointed out and knees behind the toes (think of a sumo wrestling stance).
2. Squat down until your thighs are parallel to the ground. Focus on sitting down while sticking your butt out, rather than bending your legs, to avoid straining the knees. Keep your weight on your heels while keeping your back straight, chest up and abs tight throughout the move.
3. Push off with the heel of your extended leg at the bottom of your move, squeezing your glutes and inner thighs until you are back in the starting position. Once you have completed the squat, check your alignment and start again. Finish all of your repetitions on one side then repeat on the other side.

Alternating Reverse Lunge (both legs)

1. Stand with your feet together, bend at your knees and bring your right leg back to lower your hips toward the floor.
2. When your back knee is just off the floor, push back up to a standing position.
3. Repeat by alternating lunge with opposite leg.

Push-Ups or Knee Push-Ups

1. Place your toes and hands on the floor, making sure your back and arms are straight. Keep your hands slightly more than shoulder-width apart and in line with your shoulders. Tighten your abdominal muscles.
2. Lower yourself to the floor, stopping as your elbows reach a 90-degree bend. Keep your body from touching the floor.
3. Push yourself away from the floor. Avoid locking your elbows and keep your back from arching or sagging.

Crunches with Forearm Lever

1. Lie on your back with your knees bent, feet flat on the floor, and heels 12-18 inches from your butt. Place your hands straight out from chest, contract abdominal and core muscles, and curl up until your upper back is lifted off the mat.
2. Make sure not to pull forward with your head as you come up. Hold this position briefly and return/repeat.