

Cycle 8 - 12-Week Circuit Training Program for the Mature Athlete

Cycle eight is all about circuit training. Five "Super Circuits" will be rotated over a Monday - Wednesday - Friday format.

The goal of each Super Circuit is all-encompassing: improved strength, endurance, and general fitness. A variety of exercises and exercise prescriptions are used for those goals.

Five workout options are used. Each workout consists of six types of exercises:

1. Total body body-weight exercise.
2. Upper body push exercise.
3. Upper body pull exercise.
4. Interval exercise.
5. Lower body multi-joint exercise.
6. Abdominal exercise.

SUPER CIRCUIT FORMATS										
	EXERCISE/ DRILL	A 1 ROUND CHOOSE 1 EXERCISE HIGH REP ACCUMULATION			B 2 ROUNDS CHOOSE 2 EXERCISES MED. REP ACCUMULATION			C 3 ROUNDS CHOOSE 1 EXERCISE SET # OF REPS		
TOTAL BODY WEIGHT	Burpee	30	45	60	15	22	30	15	20	25
	Rock climber	200	250	300	100	125	150	50	65	80
	Jumping jack	75	115	155	35	60	85	20	30	40
	Squat-to-Press	35	50	65	17	25	35	16	18	24
	Battle rope	100	200	300	50	100	150	40	60	80
	Front & Back	20	35	50	10	17	25	6	9	12
	Bear crawl	Lengths	2	3	4	Lengths	1	1.5	2	Lengths .5 1.5
	Plate push	Lengths	2	3	4	Lengths	1	1.5	2	Lengths .5 1.5
UPPER BODY PUSH	Push up	50	65	80	30	45	60	15	30	45
	Dip	35	50	65	17	25	32	12	16	20
	Chest press	25	40	55	12	16	20	8	12	16
	Incline press	25	40	55	12	16	20	8	12	16
	Overhead press	25	40	55	12	16	20	8	12	16

UPPER BODY PULL	Chin up	20 30 40	12 18 24	6 9 12
	Assist. chin up	20 30 40	12 18 24	6 9 12
	Chest to bar	25 35 45	15 20 25	12 16 20
	Pulldown	25 40 55	12 16 20	8 12 16
	Low row	25 40 55	12 16 20	8 12 16
	Upright row	25 40 55	12 16 20	8 12 16
RUN/DEV ICE	Track laps	6 10 14	4 6 8	3 4 5
	Floor lengths	8 12 16	6 9 12	4 6 8
	:20/:10	6 9 12	5 7 10	4 5 6
	:30/:15	4 6 8	4 5 6	4 5 6
	:40/:20	4 5 6	3 4 5	3 4 5
	1:00/:30	3 4 5	3 4 5	3 4 5
LOWER BODY MULTI- JOINT	Body wt. squat	100 150 200	50 75 100	25 40 55
	Bar squat	50 80 110	25 40 55	15 25 35
	DB squat	50 80 110	25 40 55	15 25 35
	Goblet squat	40 70 100	20 35 50	12 20 28
	Dead lift	50 80 110	25 40 55	15 25 35
	Bar lunge	35 50 65	15 25 35	8 12 16
	DB lunge	35 50 65	15 25 35	8 12 16
	Leg press	60 90 120	30 45 60	20 30 40
ABS	Sit up	40 55 70	20 27 35	10 14 18
	Crunch	75 100 125	35 50 65	20 35 50
	Bicycle	100 150 200	50 75 100	35 50 65
	In & out	60 85 110	25 40 55	20 30 40
	Twist	60 85 110	25 40 55	20 30 40
	Hip up	40 55 70	20 27 35	10 18 26
	Wt. sit up	30 45 60	15 22 30	8 12 16
	Wt. crunch up	50 65 80	25 32 40	15 25 35
	Wt. twist	50 65 80	25 32 40	15 25 35

Here is an example of each of the five workout options. It is your choice on which exercise(s) to use and repetition options (three available) to select for each workout.

Super Circuit one example:

A) One round, one exercise, and high repetition accumulation. Choose one exercise and perform as many sets needed to reach the repetition goal.

Jumping jack x 115

Dip x 50

Assisted chin up x 30

Exercise machine x :30 work/:15 rest x 6 reps

Goblet squat x 80

Bicycle crunch x 150

B) Two rounds, alternate two exercises, and medium repetition accumulation. Select two exercises from each category (one for round one and one for round two) and perform as many sets needed for each to reach the repetition goal.

Rock Climber x 100

Incline press x 20

Low row x 40

Track laps x 6

Leg press x 90

Sit up x 70

C) Three rounds, one exercise, and perform a set number of repetitions each round. Select one exercise from each category and perform three rounds at the selected repetition goal.

Plate push x 1.5 floor lengths

Push up x 45

Upright row x 12

Exercise machine x :40 work/:20 rest x 3 reps

Body weight squat x 150

Weighted twist x 50

D) Four rounds, alternate two exercises, and perform a set number of repetitions each round. Select two exercises from each category (one for rounds 1 & 3 and one for rounds 2 & 4) and perform each at the selected repetition goal.

Battle ropes x 60

Overhead press x 8

Chest to bar x 12

Exercise machine x 1:00 work/:30 rest x 3
Bar squat x 15
Hip up x 14

E) One round, one exercise, and mega-repetition accumulation. Choose one exercise and perform as many sets needed to reach the high-repetition goal

Burpee x 100
Chest press x 80
Chin up x 45

Dumbbell lunge x 80

(Note: the run/device and abs are not performed in this workout due to the high repetition goal of the other four other categories).

Week	DAY 1	DAY 2	DAY 3
1	SUPER CIRCUIT 1	SUPER CIRCUIT 2	SUPER CIRCUIT 3
2	SUPER CIRCUIT 4	SUPER CIRCUIT 5	SUPER CIRCUIT 1
3	SUPER CIRCUIT 2	SUPER CIRCUIT 3	SUPER CIRCUIT 4

4	SUPER CIRCUIT 5	SUPER CIRCUIT 1	SUPER CIRCUIT 2
5	SUPER CIRCUIT 3	SUPER CIRCUIT 4	SUPER CIRCUIT 5
6	SUPER CIRCUIT 1	SUPER CIRCUIT 2	SUPER CIRCUIT 3
7	SUPER CIRCUIT 4	SUPER CIRCUIT 5	SUPER CIRCUIT 1
8	SUPER CIRCUIT 2	SUPER CIRCUIT 3	SUPER CIRCUIT 4
9	SUPER CIRCUIT 5	SUPER CIRCUIT 1	SUPER CIRCUIT 2

10	SUPER CIRCUIT 3	SUPER CIRCUIT 4	SUPER CIRCUIT 5
11	SUPER CIRCUIT 1	SUPER CIRCUIT 2	SUPER CIRCUIT 3
12	SUPER CIRCUIT 4	SUPER CIRCUIT 5	SUPER CIRCUIT 1