

“Power 10” Mini-Circuits

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)

Introduction: Functional Circuit Training is an efficient and fun way to exercise that enables you to work on strength and cardiovascular fitness while also improving your mobility and flexibility in a dynamic “multi-planar” environment. You will alternate a “strength” station with a “cardio” station. *“Power 10” Circuits will give you a great whole body workout in just ten minutes!*

Safety & Design Principles	Four Pillars of Human Movement	Circuit Equipment Needed
1. No Joint Pain 2. Control of Movement 3. Progressive Overload	1. Standing & Locomotion 2. Body Level Changes 3. Pushing & Pulling 4. Rotation	1. Stability Ball 2. Step Bench 3. Exercise Tubing 4. Medicine Ball 5. Your Own Body Weight

Instructions:

- ✓ **Warm-Up:** Do 30 seconds of mobility exercises. (If needed, 1st round can also be easier with final 2nd round being harder.)
- ✓ **Stations:** Each station is 30 seconds; you have 10 seconds to change stations. (Total Time=4:30 per circuit)
- ✓ **Duration:** Repeat circuit 2 times with appropriate intensity & progressions.
- ✓ **Cool Down:** Do 30 seconds of mobility exercises.
- ✓ **Progressions:** Start slow & maintain control. Add intensity, speed, or heavier resistance as fitness allows.

Cardio Station Options: Bench Step, Bench Shuffle, Marching, Jogging, or Hopping Drills standing in place or on BOSU.

Balance Substitutions: If you get too tired, replace the “cardio” stations with the following “balance” stations: 1-Leg Static (+Head Turns, +Reactive Ball Toss), Cone Reach with ball, or BOSU stance.

Progressions & Variety! 😊 These are basic samples to get you started. Circuit training has multiple possibilities that make training easy and fun for individuals to groups. Just follow the basic program design of “alternating strength with cardio” then make your own substitutions. To make exercises more “functional” or beneficial, stay away from traditional machines with chairs and use free weights, tubing, cable machines with floating handles and adjustable angles, or even your own body weight.

References: Ron Jones; “FitMoves” DVD by JC Santana-www.ihpfit.com; Jade Molina

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