

## **Benefits of Various Circuit Training Protocols**

In a study by Skidmore et al. (2), three different circuit weight training protocols were evaluated, specifically with regard to effects on the cardiovascular system. The protocols were as follows: 1) traditional circuit weight training, which involved 30 seconds of weightlifting followed by 30 seconds of rest in a 1:1 ratio; 2) aerobic circuit weight training, which consisted of 30 seconds of weightlifting followed by 15 seconds of rest, with four 2.5-minute bouts of submaximal cycling interspersed throughout the workout; and 3) combined circuit weight interval training, which used the same exercises as in the second protocol (described above), except that the four cycling sequences involved three 30-second maximal sprint intervals (high-intensity training). All experimental trials were preceded by a warm-up and followed by a cool-down period on the cycle ergometer; each session was 40 minutes in total duration. Weightlifting exercises used three sets, and all exercises were performed to a specific metronome beat to standardize the lifting tempo and the total number of reps completed. Heart rates, rate of perceived exertion, and blood lactates were obtained at specified intervals for the 11 female participants (mean age, 34 years), all of whom were regular exercisers.

What were the results? As you might imagine, the combined circuit weight interval training protocol produced significantly higher heart rates, rates of perceived exertion, and blood lactate levels than the other two protocols. Although caloric expenditure was not measured directly, the authors speculate that more calories were burned in the combined circuit weight interval training protocol because of the higher intensity, greater amount of total work performed, and the evidence of anaerobic energy production. The authors also note that merging circuit weight training with interval training may be an optimal solution for those with limited time and particularly for those individuals who are moderately or highly trained. Please contact us with any questions.

**Please review our business at:** [Yelp](#) [City Search](#) [Google +](#) [Angie's List](#)

Did you know you can workout and exercise with a trainer at your home, office, hotel room or pretty much anywhere in the world through live 2-way webcam using Skype?

[Sign-up](#) for a class with me today.

[Click Here](#) to sign-up for our e-mail list so can receive all of our articles & download your free copy of our Dietary Information e-book.

View our books on Amazon by [Clicking Here](#). Learn how to get a free audio book with all of the key fitness and nutrition principles [here](#).

[Like us on Facebook](#)/[Connect with us on LinkedIn](#)/[Follow us on Twitter](#)  
[Follow us on Google+](#)/[Pinterest](#)/[Instagram](#)/[YouTube](#)

**(Hold down the Ctrl key & click the underlined words or logos)**  
**Make sure to forward to friends and followers.**