

## Aerobic Super Circuit

The Moorpark Aerobic Super Circuit is made up of 12 weight machines (#1-12) and the aerobic equipment just in front of the mirrored wall. The Aerobic Super Circuit is an excellent modality to use in training when a student is seeking:

1. A general workout program that will:
  - a. Improve cardiovascular endurance 12-17%
  - b. Increase muscular strength 21-26%
  - c. Reduce body fat 10-17%
2. To maximize workout in a limited time
3. An easy starting point for strength training programs

This training is designed to work a different muscle group as you advance through the circuit. The workout periods are fixed at 40 seconds and controlled by a voice overlay on the sound system. Students begin at an aerobic station (cycle, rowing or stair climbing) then at the “Change Station” command rotate to the first weight station (#1). This cycle continues until Machine #12 is completed.

Intensity on aerobic training stations should be maintained at 60-90% maximal heart rate (MHR). Training too low will jeopardize cardiovascular development and training above 90% will risk fatiguing too early. In the early training stages, the students should check pulse rate often to ensure that they are exercising in their training heart rate zone (THR is 60-90% of MHR). After a few weeks, the student will learn what the zone feels like and will then not need to check pulse rate as often.

Circuit weight training is a compromise between endurance and strength training. Intensity in weight training should range from 40% to 70% of 1RM (repetition maximum). All students should start at an easy, low level to avoid straining. As conditioning improves, they need to continue to challenge themselves to attain higher levels (Overload Training Principle). Remember that staying at the same level of intensity (weight) will not maintain your current fitness, but will actually yield a slow erosion of your fitness level! Progressive Overload is essential for prolonged improvement to occur in your program. The average student can usually start at 40% 1RM level. Students interested in weight control or muscle toning should work at the 40-60% 1RM level. Generally students increase weight on lifts when they are able to complete **10-12 reps in the 40-second period**. Individuals wishing more strength development should work at higher maximum levels. However, strength training is not the main objective of the Aerobic Super Circuit.

In order to maximize weight and fat reduction, students need to work toward completing more than one circuit in a training session. It takes about 16 minutes to complete one circuit. Beginning students should start with 1 circuit, but train toward completing 2 or 3 per session if they wish to see significant improvements in weight and fat reduction.

At 60% 1RM the Super Circuit can be very demanding on the body, requiring time for the muscles to recover/develop in order to meet the demands placed upon them during the workout. Frequency of training should therefore allow 1 day of rest between circuit training days in order to allow for this recovery time.