

The Gym@AIBP

WHY YOU SHOULD DO CIRCUIT TRAINING



Circuit training is a style of workout performed with different stations or exercises at a usually high intensity with little rest between each station or exercise.

Circuit training is a form of body conditioning that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit, like high-intensity interval training. It targets strength building and muscular endurance.

WHAT ARE THE BENEFITS?

- Improves muscular endurance.
- Improves fitness and heart health.
- Offers a full body workout.
- It's time efficient – can do strength and cardio in one session.
- Can promote weight loss.
- Good for motivation.
- Good for all levels.