

CIRCUIT TRAINING AT HOME

Don't have time to go to RIMAC???
Do you only have 10-15 minutes to work-out?

No worries!

The following circuit training guide will incorporate both cardio and strength exercises!

If you are short on time, set up a range of circuit training exercises in your dorm/home. Be sure to warm-up for 3-5 minutes by fast pace walking, or jogging in place before you attempt these exercises. Depending on your fitness level, you can rest 15 seconds between exercises, or not rest at all. After you are done, make sure to cool down and stretch.



Lateral and Front Raise

- Stand with feet shoulder-width apart and grasp water bottles with an overhand grip
- Next, fully extend right arm while raising it forward until arm is parallel with ground. While doing this, fully extend left arm and raise sideways until parallel with the ground
- Slowly return to starting position
- Switch and raise left arm forward and right arm sideways
- Do this for 30 seconds

High Knee March:

- Bring your knee towards your chest as high as possible and simultaneously swing the opposite arm
- Do the same thing with the opposite leg and arm
- Keep a fast pace for 30 seconds



These exercises are NOT recommended for those who suffer with orthopedic or heart conditions.
Consult your physician before participating in physical activity.



Reverse lunge:

- Stand a few inches behind a stationary chair
- Place fingertips on back of chair and take a step back
- Be sure you contract your abdominals while you slowly lower your torso
- *Do not let your knee pass your toes for the front leg and the knee for the back leg should not touch the ground
- Use your front leg to push yourself back to starting position, and switch legs
- Do this for 30 seconds

Jumping Jacks

- Stand with feet together and arms at sides
- Jump with feet apart while simultaneously bringing arms over your head making sure your hands cross each other
- Return with feet together and arms at sides
- Do this for 30 seconds



Overhead press:

- Sit with your back fully supported by a stationary chair
- Use 1 liter water bottles for weights
- Bring both arms in a 90 degree position so that your elbows are at shoulder height
- Extend arms toward the ceiling (make sure not to lock elbows) and hold for a count of 2 seconds
- Repeat for 30 seconds

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Side Jumps

- Place a towel or a piece of tape on the floor
- Stand next to the towel and then jump over the towel doing side to side jumps
- Do this for 30 seconds



Tricep extension:

- Using a stationary chair for balance, place one hand lightly on the side of the chair
- Hold a 1 liter water bottle, place elbow close to your rib cage
- While holding that position, straighten your arm and hold for a count of 2 seconds
- Return to starting position and repeat for the next 15 seconds; then switch to opposite arm and do the same movements for another 15 seconds



Squats

- Stand a few inches in front of a stationary chair with feet shoulder-width apart
- You can put your arms out in front of you for balance
- Contract your abdominals and keep them tight as you slowly squat towards the chair
- Make sure your knees DO NOT pass your toes
- Hold for 3 seconds and stand up
- Repeat for the next 30 seconds



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cep curls:

- Using 1 liter water bottles, stand without locking your knees
- Bring water bottles towards chest
- To burn extra calories, balance with one leg while you do this exercise
- Repeat for 30 seconds

Jog in place:

- Do this for 30 seconds



Push-ups:

- There are many ways to do push-ups; depending on your strength level, you can choose wall, knee, or regular push-ups
- With all positions, be sure to contract your abdominal muscles
- Do not lock elbows when straightening arms
- Do this for 30 seconds



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Knee to elbow:

- Seated in a stationary chair with fingertips behind your head, bring your right knee up with your lower abdominals
- Simultaneously contract your left oblique and bring your left elbow towards your right knee. Make sure your fingertips do not pull on your neck
- Pause when your knee & elbow touch
- Bring back to starting position and do the same with the opposite side
- Do this for 30 seconds



Plank:

- Get on your hands and knees on the floor with elbows resting on floor next to chest
- Extend one leg at a time
- Contract your abdominals and keep your body in a straight line from head to toes
- Hold for 30 seconds- remember to breathe!

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