



Circuit Resistance Training can be used for strengthening or cardiovascular endurance.

If focusing on strength, the exercises can be performed individually without air boxing or arm spinning.

If focusing on cardiovascular endurance, follow the instructions below:

- Round 1:** Continuous air boxing/arm spinning for 2-4 minutes.
Proceed to 3 sets of 15, Bicep Curls and Seated Row.
- Round 2:** Continuous air boxing/arm spinning for 2-4 minutes.
Proceed to 3 sets of 15, Lat Pull Down and Tricep Extensions.
- Round 3:** Continuous air boxing/arm spinning for 2-4 minutes.
Proceed to 3 sets of 15, Chest Flys and Shoulder Press.

Bicep Curl

With arms straight down and palms up, bend elbows to bring hands to shoulders.



Seated Row

Begin with arms straight in front and bands at chest/shoulder height. Pull elbows back, squeezing shoulder blades together.





Lat Pulldown

Begin with arms straight in front and bands at highest point. Pull elbows back, squeezing shoulder blades together.



Tricep Extension

With arms bent and elbows at side, extend arms forward and down until arms are straight.



Chest Fly

Begin with arms straight out to each side at chest height. Keeping arms straight, bring hands together in front.





Shoulder Press

With elbows bent and hands aimed upward, press arms up and forwards until elbows are as straight as possible.

