



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 arm straight down and palm up, bend the elbow to bring hand to shoulder.



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 arm bent and elbow at side, extend arm forward and down until arm is straight.



Chest Fly

Begin with arm straight out to side at chest height. Keeping arm straight, bring arm forward in front.





Shoulder Press

With elbow bent and hand aimed upward, press arm up and forward until elbow is as straight as possible.

