

Cardiovascular Circuit at Home

**Please consult with your physician before starting an exercise program and ensure a 5 to 10 minute warmup before starting the exercises.*

Key Points

Long term cardiovascular exercise leads to changes within not only the heart but also within our blood vessels. To put it simply, our muscles will have more blood vessels in them and these blood vessels will expand better which allows for us to get more blood-flow locally which can be a huge boost to performance!

Cardiovascular changes can have local effects; therefore, some upper body focus for our cardiovascular training is encouraged.

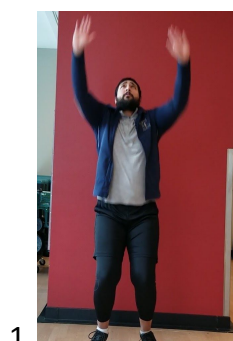
These circuits may be especially beneficial for those who train their cardio exclusively through lower body work (Which most people tend to do) such as running, biking, etc. An upper body (or full body) circuit can help keep our entire body fit and ready for any endurance activity.

Protocol

We can use circuit training to carry out multiple exercises using low resistance, high repetitions and minimal rest to get a full body cardiovascular workout. Feel free to substitute or add your favourite exercises. Cycle through exercises with intervals of 20 seconds to 1 minute with minimal rest. You can choose your favourite exercises anywhere from 2-10+ exercises to work through for your circuit. Your workout can be a quick 5-10 minute session to get you moving or an intense workout that can last for up to an hour or more.

Example Circuit

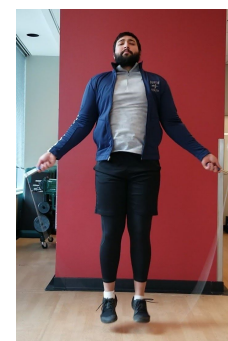
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|------------------------------------|--------------------------------|
| 1. Burpees | 7. Dumbbell Swings |
| 2. Bicep Curls | 8. Rear Delt Flyes |
| 3. Skipping (with or without rope) | 9. Tricep Kickbacks |
| 4. Goblet Squat | 10. Bent Over Rows |
| 5. Mountain Climber | 11. Dumbbell Flyes or Push Ups |
| 6. Lateral Raise | |

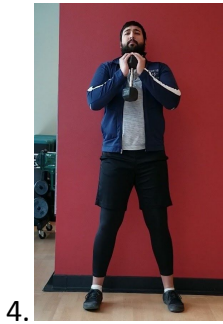


Jump up explosively as possible then drop down into a pushup and repeat



Lock out elbow at the bottom and arc the weight to finish by your ear. Twist your palms inwards for a complete contraction at the top

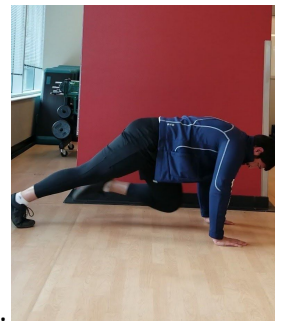




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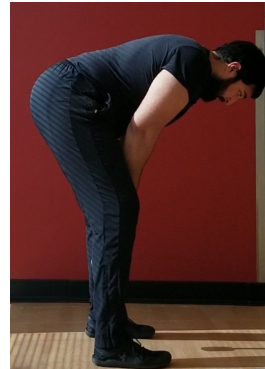
Feet slightly outside hip width. Toes at 30 degrees. Tight core and descend as low as your body can comfortably go. Try to get your thighs parallel to the ground.



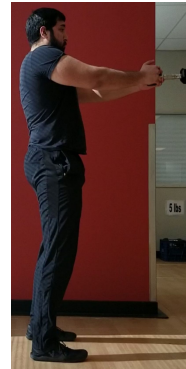
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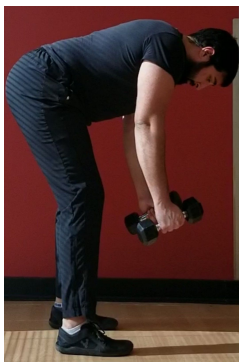
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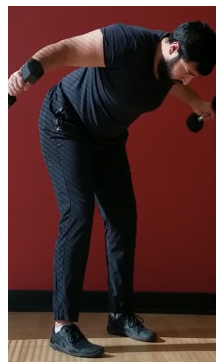
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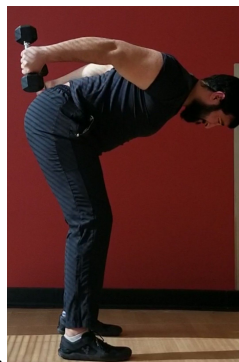
Move from your hips and let your arms move with the momentum



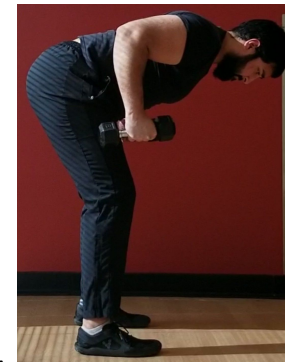
8.



10.



Optional to use support from a couch or bench to support your chest or do one arm at a time



11.



9.



If the weight you have is not enough of a challenge you can move the weight slower to make the exercise harder or substitute with push ups and push up variations