



FITMethod | **4:13**

Circuit Training Versus Traditional Weightlifting



The concept of circuit training was introduced to the sport science community in 1953 by physiologists at the University of Leeds in England. Its purpose was to integrate several components of fitness into a single training session. Rather than the usual practice of completing all the sets of an exercise before moving on to another exercise, circuit training involves performing exercises in sequence so that two or more sets of an exercise are not performed in a row.

For individuals interested in making maximal changes in body composition without losing strength, a circuit training approach is superior to traditional training. Further, the use of supersets and circuit training significantly shortens workout time and therefore recovery time.

A study by Charles Poliquin concluded that both traditional and circuit training groups

were just as effective in improving weightlifting and peak power, shuttle-run performance and lean mass. However, significant decreases in body-fat occurred only in the circuit strength training group. Furthermore, the high-resistance circuit was more effective in improving peak performance power.

At FIT Method 4:13 our sessions are 45 minutes in length, and each session includes 20-30 minutes of interval cardiovascular training. The second half of the session includes strength training using free weights, TRX suspension training, resistant bands, Bosu routines, and many other types of equipment thus supplying our clients with a large variety of different types of exercises. The workout routines are split up into short 3 circuits 3 rounds, moving the group from station to station. The idea behind this is to constantly shock the body which is proven to be the most efficient and effective way to improve your cardiovascular system, lose weight, and build muscle. Each session is facilitated by a highly skilled and licensed group trainer. Our trainers are the best of the best and will dedicate themselves to each and every client in order to provide that one-on-one personal training experience within a group training setting.

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Strengthening The mind, body, and spirit