30-Minute Circuit Training Workout

The Precor 30-Minute Circuit Training Workout will help clients burn more calories in less time. This program is optimal for clients who are time-crunched, want to lose weight, or just starting to incorporate strength equipment into their conditioning programs. Use this program and attached template as-is or as a concept to develop other types of circuits with your clients.

This workout combines cardiovascular exercise with resistance. The goal of the workout is not to maximize strength gains or cardiovascular fitness, but rather to build strength and burn calories in an efficient manner. This is a total body workout that focuses on the major muscle groups.

#1: Program Overview

**Equipment:** Any Precor Strength Training System  
**Total Time:** Approximately 25 – 30 minutes  
**Goal:** To build strength and burn calories in a time crunch

#2: Warm-Up

**Equipment:** Gradually increase core temperature on a Precor cardio machine  
**Total Time:** Approximately 3 – 5 minutes  
**Stretch:** Following the warm-up, perform some basic stretches for the arms, shoulders, hamstrings, and quadriceps.

#3: Training Tips

**Know Your Body:** Remind clients to pay attention to their body during workouts as they begin resistance training. Some muscle fatigue is normal, but if they feel any pain and/or discomfort, the exercise should be stopped immediately.  
**Remember to Breath:** During resistance exercises, remind clients to breathe normally and don’t hold their breath.  
**Control Your Motion:** Clients should perform the exercises in a slow and controlled manner over a full range of motion.  
**Progress Appropriately:** As clients become more comfortable with the exercise routine, challenge them by first increasing the number of repetitions, then the weight.

#4: Workout Structure

**Basics:** After the warm-up is complete, start the resistance training portion of the workout.  
**Weight:** This circuit training format will result in greater muscle fatigue with less weight due to the minimal rest between exercises. As a result, a good rule of thumb is to use about 40 to 60 percent of the client’s maximal weight for the same exercise.  
**Number of exercises:** 8 (4 pairs: Leg extension/Hamstring Curl, Diverging low row/Chest press, Biceps curl/Triceps extension, Abdominal crunch/Back extension)  
**Number of repetitions:** 12 – 15  
**Number of sets:** 2 sets per exercise  
**Amount of rest between sets:** 15 – 30 seconds  
**Amount of rest between exercises:** 45 – 60 seconds

*Note: Some of the exercises may not be available on all Precor strength machines.  
### Number of Sets/Repetitions:
- **Legs:** (12-15 Reps) (2 Sets at 40-60% of 1 rep max)
- **Arms:** (12-15 Reps) (2 Sets at 40-60% of 1 rep max)
- **Abs:** (12-15 Reps) (2 Sets at 40-60% of 1 rep max)
- **Chest:** (12-15 Reps) (2 Sets at 40-60% of 1 rep max)
- **Back:** (12-15 Reps) (2 Sets at 40-60% of 1 rep max)
- **Muscles Trained:**
  - **Legs**
  - **Arms**
  - **Abs**
  - **Chest**
  - **Back**

### Exercises
- **Legs:**
  - **Leg Extension**
  - **Seated or Prone Leg Curl**
- **Arms:**
  - **Tricep Extension**
  - **Abdominal Crunch**
- **Chest:**
  - **Chest Press**
  - **Diverging Low Row**
- **Back:**
  - **Bicep Curl**

### Instructions
For video instruction, go to https://www.youtube.com/user/precorinc

### Record Your Weight
- **Set 1:**
- **Set 2:**

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