

**Name:**

**PE 9A: Fit or Fat**

## **Activity 3d: Circuit/Interval Training**

### **Objectives**

Complete a fitness circuit. Learn the benefits of burst training and fitness circuits and how to complete an exercise routine with no specialized equipment.

### **Equipment**

Comfortable, non-restrictive clothing; supportive exercise shoes. Optional hand weights or elastic bands.

### **Procedures**

Burst training and fitness circuits are related in that they both involve alternating more intense anaerobic intervals with lower-intensity aerobic work. The anaerobic intervals will work at least one system anaerobically (in some the effect is systemic, and in others it is local). During the aerobic portion between intervals, your heart rate should return to your regular training zone.

### **Anaerobic Burst Interval Training**

Athletes have used interval training for decades, but interval training is relatively new to the fitness exerciser. In formal interval training, one does short intervals (30 seconds to 2 minutes) of intense work during a regular aerobic training session. These intervals raise intensity to an anaerobic level. During the lower-intensity aerobic “recovery” intervals, the body restores some of its energy stores before the next burst. This type of training forces the body to recover in a stressed state, encouraging the long-term effect of becoming more efficient during recovery as well as during

more intense work.

## **Fitness Circuits**

The form of interval training the average person may be exposed to is the fitness circuit, which typically alternates strength and cardio exercises. The circuit we will do tonight is a modification of the standard fitness circuit, which we will do without the aid of exercise machines. This type of circuit can be done in a variety of places with no specialized equipment. We will do mainly body-resistive exercises interspersed with walking, jogging, stair steps, and other activities.

## **Questions**

What are some benefits of interval/circuit training?

How is circuit training different from doing regular strength or aerobic exercise?