



Marathon Fitness™

Fitness Center Specialists



MARATHON FITNESS
CUTTING EDGE CIRCUIT TRAINING
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TEXFIT 2018: (0.3 ACE CEC's)

ULTIMATE "ESCAPE FITNESS®" FUNCTIONAL TRAINING CIRCUIT: This Partner Circuit will blow your mind. Come see how to incorporate the latest cutting edge functional tools into one "Ultimate Circuit". Circuits are the best way to engage your participants of all levels into one super FUN class!

ATHLETIC CONDITIONING GOES GROUP: Learn how you can put together the best circuit format for the athlete in all of us. You will love this creative way to build in basic athletic cardio moves with creative functional training in a larger group setting. Great for your bootcamp, circuit, sports conditioning and small group and group exercise classes.

What is Circuit Training: Well-known program technique where you perform a series of exercises in rotation with various types of equipment with minimum rest between stations. Circuits can be repeated 1 time through or more depending on time.

Circuit Training is:

1. Time-efficient
2. Easy-to-follow
3. Diversified workout

Benefits:

1. Multi-Level
2. Large Groups
3. Member interaction
4. Maximize time – full body workout
5. Reduce risk of overuse injury by cross-training
6. Work several components of fitness at the same time (Strength, Balance, Cardio, Speed, Flexibility etc....)
7. Personal attention to participants
8. More affordable than private sessions, bigger bang for your buck
9. Flexibility in program design
10. Ability to include a large range of equipment that may not be available in large quantities
11. Fun atmosphere

Usage Options:

1. Small group training 4-8
2. Group Exercise 10+
3. Specialty classes
4. 4-12 week program
5. Can be...
 - a. Sport Specific
 - b. Bootcamp drills
 - c. Group Games
 - d. Strength, muscle endurance, cardio/aerobic, anaerobic
 - e. Power & Speed work focus
 - f. HIIT (which is the #1 Trend for 2018, ACSM report)

Circuit Instructor:

1. Coach vs. performer....Athlete vs. participant
2. Atmosphere – team mentality, can create cohesiveness
3. Awareness – know your participants, pair newbies with experience participant
4. Personal – more time to focus on form, walk around and help people

Circuit Equipment:

1. What your facility has – just about any basic equipment can go a long way
2. What works best for you – be creative, inventive with each tool
3. A few purchases each month can keep your program fresh
4. Functional Training Tools and more:
 - a. **Group Exercise:** Steps/benches, DECK, Slide
 - b. **Balance & Stability:** Bosu, Balance Trainer, Core Board, Dome/Disc, rocker/wobble board
 - c. **Weights:** Dumbbells, Kettlebells, Body bars, Weighted bars, Gripr®
 - d. **Bags:** Sandbag, Corebag®, Bulgarian Bag®
 - e. **Agility:** Ladders, Hurdles, Cone Markers, Speed discs, Agility Grid, Hoops/Rings, Dots
 - f. **Power:** Soft Plyo's, Tires, Sled, parachute
 - g. **Balls:** Stability Balls, Med Balls, Slam Balls, VertBall™, Basketballs, Volleyballs
 - h. **Strength/Core:** Tubes, Bands, Core Momentum Trainer™, Battle Rope, sliding Disc, ViPR®
 - i. **Athletic Equipment:** Boxing, jump ropes
 - j. **Other:** Mats for Body Weight exercises, foam rollers, power wheel, tape to mark floor

Music, Layout, Scheduling, Fee Structure:

1. **Music:** Keep music upbeat, no need to worry about BPM's and 8 count
2. **Timer:** have a stop watch or signal, App to help keep everyone on track
 - a. Work:Rest. Time of work can be from 45 seconds up to 2-3 minutes depending on the type of training goals you set.
 - b. Recover is moving to the next station (15-30 seconds)
3. **Formats:**
 - a. Station to Station (10-15) .45-1 min: .15-.30 seconds between**

- b. 6 Station cardio circuit (2-3 mins each)
- c. 4-5 stations with 3 exercises at each before moving to next
- d. 4-5 stations with 3 exercises at each, but Cardio between**

4. Set-up/Layout:

- a. instructor will need prep/set up time
- b. Choose equipment that's easy to move
- c. Too much equipment = Chaos
- d. Easy to use for all levels of participants
- e. Station Cards work good taped to the wall or floor...laminated so you can re-use
- f. Space: make sure there is enough physical space for each station and person
 - i. 500 SQ FT = 4-8 people
 - ii. 1000 SQ FT=4-18 people
 - iii. 2000 SQ FT=4-30 people
 - iv. 3000 SQ FT+=4-45 people

5. **Schedule:** Class needs to have a before and after buffer, not back to back classes

6. **Exercise Selection:** KISS...keep exercises basic and easy to follow

7. Order/Sequencing:

- a. Make sure you don't have 2 super high Intensity exercises back to back
- b. Alternate high intensity with low intensity
- c. All upper body or lower body circuits
- d. Alternate upper and lower body exercises
- e. Alternate high skill with easy skill exercises

8. Revenue Benefits & Fee Structure

- a. Small group and group fitness specialty classes are more affordable
- b. Charge by:
 - i. Class (sell single class sessions, drop in fee)
 - ii. Package (1 session=\$12, 5 sessions=\$50, 10 sessions=\$80)
 - iii. Unlimited (monthly unlimited sessions)
 - iv. Session (4, 6, 8 week sessions that meet once or twice per week)
- c. Profit margin 50-70%
 - i. Example: 10 stations, 20 people, paying \$8/per class=+\$160 for one class
 - ii. Cost: instructor fee \$30, overhead \$20, equipment \$20 (will be paid off)=-\$70
 - iii. Revenue=+\$90/per class
- d. Do you offer free as part of their membership (big facilities, Rec, Y/JCC, and corporate)

Education and Training

Through ESCAPE FITNESS®, Marathon Fitness offers Product Training workouts for our customers.

The Importance of Training in Improving Safety

- 2018 ACSM Report on Fitness Trends at # 5-the need for educated, certified and experienced fitness professionals
- Ensure your products are implemented correctly & safely
- Ensure your products are cared for and maintained correctly

Workshops available for the following Products:

- Functional Frame Instructor Training
- Bags: Corebag®, Bulgarian Bag, Sandbag
- Gripr®
- Core Momentum Training® (CMT)
- Power Training (Med Ball, VertBall®, Slamball)
- Tiy®
- Plyometric

Each Training Includes:

- Workshop Manual (online)
- Online Exercise Library
- Online Assessment
- On-site Training with a Master Escape Fitness Instructor
 - Product Introduction, how to use, do's and don'ts, care for and maintain it
 - Benefits of the Product, program usage
 - Fundamental movements
 - Skill development and Knowledge

For more information on this workshop or equipment purchases please contact Marathon Fitness

Circuit One – Ultimate Escape Fitness Functional Training Circuit

- Work with a partner
- Perform Group Movement Prep to get ready
- Demo each station
- 12 Stations: 45 seconds work : 15 seconds switch to the next station (1 round, or multiple rounds)

1. Gripr – Kettlebell Swing, flip catch, swing pass to partner
2. Tiyr – Basic Tiyr flip with partner (count how many!)
3. CMT – The Launch
4. Tubes – Tricep pushback (2 tubes cross)
5. VertBall – Log Toss
6. Bulgarian – Roll Up and Russian Twist
7. Slam Ball – Overhead slam
8. Corebag – Burpee Push-up
9. SoftPlyo – Jump up & down, to a burpee
10. Med Ball – Chest pass 3X w/ Partner, then change positions
11. Stability Ball – Bridge – hamstring curls
12. Sandbag – Lunge Twist
13. BattleRope- Alt. Battle with Lunge (tied on to one tiyr)



Circuit Two –

Athletic Conditioning Goes Group

- Work with a Partner
- Perform Group Movement Prep
- Demo each station
- 4 stations with 3 different exercises at each station (total of 16 exercises)
- Cardio moves are done in between each exercise, participants return to the same station until all three exercises are done, then they move to the next station
- Time 45-60 seconds of work at station / 30-45 seconds of Cardio / 15 sec. transition

Station One – Med Balls or Vertballs

1. Push-ups 2x, then roll to partner
2. Squat Chest Pass to Partner
3. Sit-ups, touch floor behind and pass to partner

Station Two – Tubing

1. Front Lateral Raises (one up/one down)
2. Partner Rowing
3. Partner Chest (flys or press)

Station Three – CMT (Core Momentum Trainer)

1. Catch (overhead)
2. Launch (full triple extension)
3. Fencing

Station Four - Functional Training Bags

1. Clean & Press
2. Squats (front or back and hold at the bottom for 3 Seconds)
3. Curtsy Lunge (alternate)

Cardio Moves

Stationary moves for tight spaces

1. Football Tire Run
2. Power Jacks
3. High Knees
4. Baseball Reach & Throw
5. Speed Skater
6. Cross Jumps
7. Power Lunge 3/switch
8. Agility Run In & Out
9. Jump Shot
10. Football Stance, Jump up
11. Reverse Lunge Kick Front
12. Moguls

Cardio Moves

Wide open spaces (circle w/ cone markers)

1. Jog-Run
2. Skip
3. High Knee Run
4. Side Shuffle*
5. Grapevine*
6. Power Knee Lift
7. Walking Lunges
8. Agility Run In & Out
9. Ladder Drills
10. Hurdle Drills

**these moves are done twice, once clockwise and once counter clockwise, to get right & left sides*