

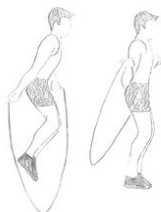


A Proven Workout for Enhancing Anaerobic Endurance

Circuit training is defined as “a method of dynamic resistance training designed to increase strength, muscular endurance, and cardiorespiratory endurance” (Heyward, 2002). A multitude of research has been done on circuit training to confirm that it does in deed elicit the results listed above; but, what about the effectiveness of circuit training on measurements of sprint-agility and anaerobic endurance?

A Study by Taskin found that the workout below has significant improvement on anaerobic endurance of study participants. The workout consisted of the 8 exercises listed below being performed one after another with 40 seconds rest in between stations. The program consisted of 3 sets thru the circuit, three times per week for 10 weeks. The number of repetitions was set at 75% of their maximum. To determine participants’ maximum, participants executed each exercise for 15 seconds and counted correct repetitions, then the number of reps to train with was 75% of maximum.

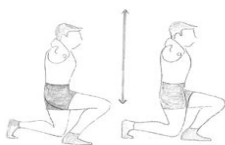
Try the exercises, find your maximum number of reps in 15 seconds and then multiply by 75% to get your training dose. Start with one set and work your way up to three sets of the circuit. Also, to work more on your aerobic endurance, you can do some form of cardio during your rest period between stations.



1. Jump rope



2. Sit up



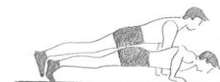
8. Commando dance



3. Hurdle hop



7. Inverse sit up (superhero)



4. Push up



6. Jump squat



5. Jack- knife