Full-Body Circuit Training Guide



La Cienega Park - Beverly Hills, CA

Your Greenfields exercise circuit contains many units and will accommodate a wide range of ages and abilities. By following these guidelines, you will ensure that you obtain a full body workout and the maximum results each time you use the equipment.

Your exercise circuit consists of units in several categories:

CARDIO

Cross Country Ski Single Elliptical

UPPER BODY

Vertical Press Lat Pull Chest Press Rower

LOWER BODY

Leg Press Cross Country Ski Single Elliptical

CORE

Sit-Up Bench Pendulum, Abs & Dips Twisting Station

A full body workout must incorporate exercise from units in each category. It is recommended to first warm up with several cardio exercises, then progress to strengthening exercises - first on the upper body, then the lower body, and finally the core. Sample sequences might include:

BASIC WORKOUT

Cardio

Cross Country Ski: 5-10 mins.

Upper Body

Chest Press: 10-20 reps Lat Pull: 10-20 reps Rower: 15-30 reps

Lower Body

Leg Press: 10-20 reps Single Elliptical: 5-10 mins.

Core

Sit-Up Bench: 10-20 reps
Pendulum: user discretion
Twisting Station: user discretion

Cool-down cardio

Cross Country Ski: 5-10 mins.

INTERMEDIATE WORKOUT

Cardio

Cross Country Ski: 5-10 mins.

Upper Body

Horizontal Bars: 8-10 reps Vertical Press: 10-20 reps

Dips Station (on Pendulum): 10-20 reps

Lower Body

Leg Press: 20-30 reps Single Elliptical: 5-10 mins.

Core

Sit-Up Bench 20-30 reps

Abs Station (on Pendulum): 10-20 reps

Cool-down cardio

Cross Country Ski: 5-10 mins.

For detailed guidelines for using each piece of equipment, please refer to the following pages.



CARDIO

Cross-Country Ski

Warm up for five to ten minutes.

The Position: Carefully step onto machine so that feet rest on footplates. Keep a firm grip on handles at all times.

The Movement: Push your feet back and forth in the skis to get accustomed to the motion of the feet. You can move with short strides or much longer ones. You can now coordinate the movement of the feet and arms. Right hand and left leg move forward, while left hand and right leg move backwards. Shorter strides are much more strenuous than a long gliding motion.

Target Muscles: Quadriceps, hamstrings, calves, glutes





Single Elliptical

Warm up for five to ten minutes.

The Position: Hold the handle bars, and step onto the flat foot pedals one foot at a time. Ensure that you feel balanced before you begin your workout. Keep a firm grip on handles at all times.

The Movement: Move one leg forward at the same time that you move the other one backward while keeping your hands on the handle bars. You will experience an increase in heart rate because your heart will need to work harder to pump blood into your arms and legs. You will also challenge your core muscles as you maintain your balance on the machine. You ,can change the intensity of the exercise by changing your positioning on the machine. For example you can bend your legs slightly or place your hands on the handrail instead of on the handle bars.

Target Muscles: Quadriceps, hamstrings, calves, glutes

UPPER BODY



Rower
Perform 15-30 reps

The Position: Sit on seat and grasp handles. Lean back slightly.

The Movement: Sit on seat with feet braced against foot rest. Grasp handles with hands and pull towards your center. Return to original position using a smooth and controlled motion. To avoid "snapping," do not pull handles past the body.

Target muscles: Rhomboids, rear deltoids

Two-Person Vertical Press

Perform 10-20 reps

The Position: Have a seat with back against the back support, keeping your abs in tight. Grasp the handles with palms facing down or outward. Your feet should be resting on the foot pegs.

The Movement: Push the handles forward and out until your arms are extended but your elbows do not lock. Slowly return your arms back to chest level—but not completely.

Target Muscles: Pectoralis major, anterior deltoids, triceps brachii





Two-Person Lat Pull *Perform 10-20 reps*

The Position: Sit down and take hold of the handles with your back straight. Keep your legs bent and feet resting on the foot pegs.

The Movement: Pull the bar back in towards your body until the handles are near your shoulders. Make sure to bring your shoulder blades as far back as you can and keep your back straight. Extend your arms feeling your back stretch and repeat.

Target Muscles: Latissimus dorsi, teres major, middle trapezius, rhomboids

Two-Person Chest Press

Perform 10-20 reps

The Position: Have a seat with back against the back support, keeping your abs in tight. Grasp the handles with palms facing down or outward. Your feet should be resting on the foot pegs.

The Movement: Push the handles forward until your arms are extended but your elbows do not lock. Slowly return your arms back to chest level—but not completely.

Target Muscles: Pectoralis major, anterior deltoids, triceps brachii.





UPPER B





Pendulum, Abs & Dips

Dips Perform 10-20 reps

The Position: Grasp the dip bars with both hands, position body so that elbows are locked and feet dangle between the bars. (You may have to bend at the knees to keep the feet from touching the ground.)

The Movement: Slowly lower the body down by bending at the arms, until the elbow joint comes to a 90 degree angle. At this point reverse the motion and push back up to full arm extension.

Target muscles: Pectoralis major, anterior deltoids, triceps brachii

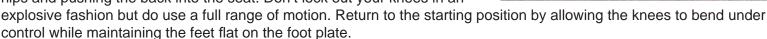
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4-Person Leg Press

Perform 10-30 reps

The Position: Sit with your back against the back support, keeping your abs in tight. Place feet on foot plate about hip width apart, ensuring the heels are flat. The legs should form an angle of about 90 degrees at the knee with a little variation either way. Ensure heels sit flat on the plate. The knees should be in line with the feet and neither bowed inward nor outward.

The Movement: Tighten abdominal muscles and push yourself away from the platform with your heels and forefoot by extending the knees and hips and pushing the back into the seat. Don't lock out your knees in an



Alternative exercise: To target calves, keep the knees straight, slowly lift heels off footplate, then lower to starting position.



For usage guidelines for the Cross-Country Ski and Single Elliptical, please see the Cardiovascular page





CORE



Two-Person Sit-Up Bench

Sit-Ups Perform 10-30 reps

The Position: Stand with your legs between the foot pegs, and slowly lie down on your back. Place your feet under the foot pegs and your hands on the sides of your head.

The Movement: Begin crunching by rolling your upper torso forward slowly, then pushing your head and chest toward the sky, keeping your lower back against the bench. (Pointing your chin up will help to prevent excessive strain on the neck). Core strength is key to good posture, as good strength around your midsection which will increase strength and flexibility in the spine.

Leg Raises
Perform 10-30 reps

The Position: Lie on face-up on bench with head toward foot pegs and feet flexed with heels on the ground. Anchor upper body by grasping footpeg from underneath with palms up.

The Movement: Without arching the back, raise feet above the level of the head. Lower slowly.

Target Muscles: Abdominals/erector spinae

Pendulum, Abs & Dip Station

Pendulum

Do this exercise for approximately 5 minutes

The Position: Hold the handle bar, and step onto the platform one foot at a time. Ensure that you feel balanced before you begin your workout and maintain a normal stance.

The Movement: Using your legs swing your hips from side to side, focusing on your oblique muscles to form a side crunch. Keep your hands on the handle bars and maintain a smooth gliding motion. You will experience an increase in heart rate because your heart

will need to work harder to pump blood into your arms and legs. You will also challenge your core muscles as you maintain your balance on the machine.

Leg Raise
Perform 10-20 reps

The Position: Prop yourself up on the leg raise station making sure your back is positioned firmly against the back rest, particularly at the base of the spine. Grasp the handles with arms resting on the armrests. Keep the head and neck still; don't wobble forward, back or to the sides.

The Movement: This exercise can be performed with either bent or straight legs. Lift the legs slowly and bring them up to your hips. Hold this position for 1-2 counts and slowly lower your legs back down.

Target muscles: Abdominals









Four-Person Twisting Station

Number of reps is left to user's discretion

The Position: Standing twist: Grasp handles, then step onto foot plate. Sitting twist: Sit on seat with feet resting on foot pegs and grab handles.

The Movement: Turn slowly from side to side, keeping core muscles tightened.

Muscles used: Obliques, hip flexors