



CARDIO-BASED BODYWEIGHT EXERCISES DURING SELF-QUARANTINE



General rules to build your circuit training workout routines with cardio-based bodyweight exercise

- **Exercise order.** It is key to allow opposing muscle groups to alternate between rest and work in consecutive exercise stations. For example, alternating between upper and lower body exercises. If a particular exercise is significantly intense (usually dynamic lower body or whole body exercises), the following exercise is intended to slightly decrease the heart rate. For example, planking exercises or crunches may follow a jumping squats station.
- **Number of exercises.** There is no ideal number, although the original circuit training protocols required 9-12 exercise stations. However, it is important that all muscles are used at an appropriate intensity during a training session.
- **Individual exercise bout time.** Generally, the longer the duration, the lower the intensity achieved. To maximize the metabolic impact of exercise, effort time should allow for proper execution of at least 15-20 repetitions. An effort duration of 30 seconds makes it easier for most participants to reach and maintain the appropriate intensity during that time. During movement execution, maintain a fast pace in the concentric phase (overcoming gravity or load) but carefully control the eccentric phase (resisting gravity or load), thus increasing the metabolic impact.
- **Recovery between exercise bouts.** Recovery periods should be short, providing incomplete breaks; ≤ 30 seconds of rest increase the metabolic impact. If you are aiming at maximum time efficiency, it is recommended to minimize (≤ 15 seconds) the rest time.
- **Session time.** Training session should last at least 20 minutes. This may require multiple repetitions (or rounds) of a multi-station exercise circuit, usually 2-4 rounds.
- **Exercise selection.**
 - Include variety in terms of type, intensity and duration of exercises, rather than training with only one form of exercise (such as burpees) Use technically simple, low-demand neuromuscular exercises when individuals are beginners or they are untrained.
 - Use large muscle groups to create adequate resistance and aerobic intensity, for example, using complex or whole-body exercises.
 - Be safe and appropriate for participants in the training space provided.
 - Allow easy transition to accommodate minimized rest time.

Proposals of circuit training workout routines with cardio-based bodyweight exercise

Effort time is the same and everyone should perform as much repetitions as possible with proper technique, regardless of the practitioner profile, but the recovery time varies.

Parameters	Beginner	Intermediate	Advanced
Frequency (days/week)	2-3	3-4	5
External load			
<i>Effort time</i>	30''	30''	30''
<i>Recovery time</i>	45''-60''	20''-30''	10''-15''
<i>Session time</i>	20-30'	20-30'	20-30'
<i>Repetitions</i>	Maximal ^a	Maximal ^a	Maximal ^a
Internal load			
<i>% of HR_{max}</i> ^b	65%-80%	~ 80%	≥ 80%
<i>RPE (score)</i>	6-7	~7	> 7

^aMaximal number of repetitions during effort time.

^bPercentage of your maximum heart rate.

RPE, rating of perceived exertion scale (0–10).



Circuit example 1

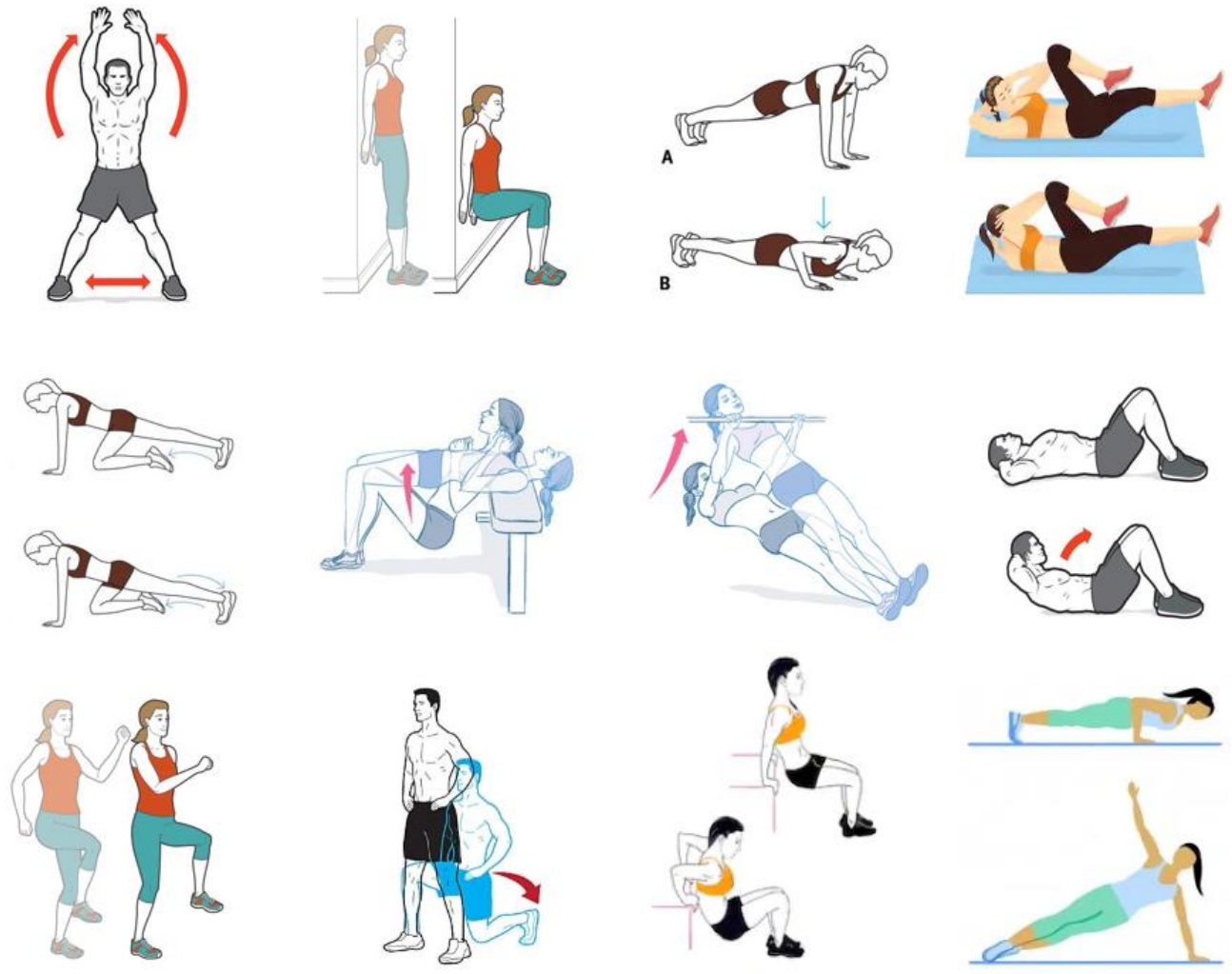
1 Jumping jacks <i>Whole body</i>	2 Wall sit <i>Lower body</i>	3 Push-up <i>Upper body</i>	4 Bicycle crunch <i>Core</i>
5 Mountain climbers <i>Whole body</i>	6 Hip thrust <i>Lower body</i>	7 Inverted row <i>Upper body</i>	8 Crunch <i>Core</i>
9 High knees <i>Whole body</i>	10 Lunge <i>Lower body</i>	11 Triceps dips <i>Upper body</i>	12 Push-up and rotation <i>Core</i>

2 rounds (12 exercises + 12 exercises)

Exercise time: 30" / Recovery between exercises: 45" / Recovery between rounds: 60"

Total effort time: 12' / Total recovery time: 17'30"

Total session time: 29'30"



Circuit example 2

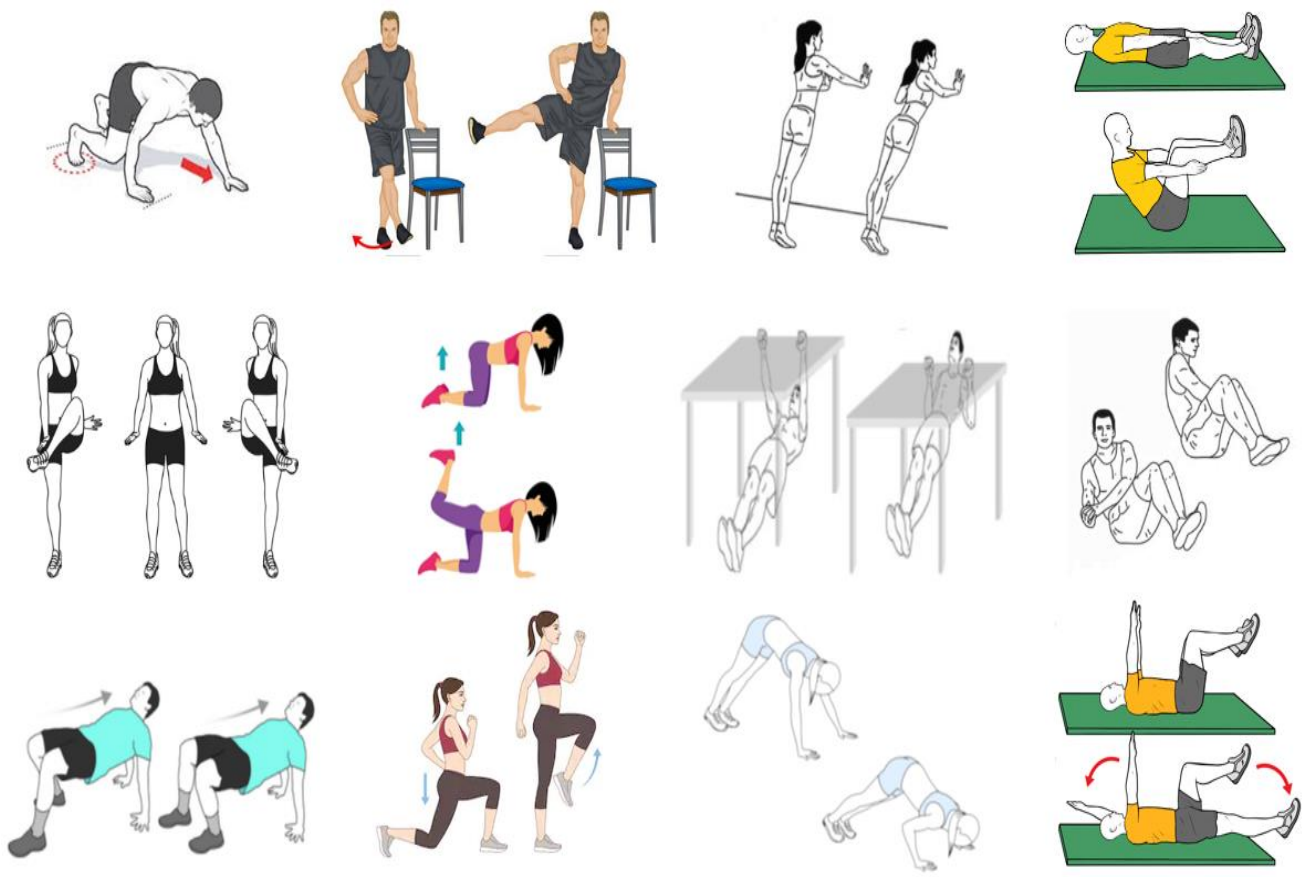
1 Bear crawl <i>Whole body</i>	2 Side leg raises <i>Lower body</i>	3 Wall push-up <i>Upper body</i>	4 V-sit up <i>Core</i>
5 Fingertip to toe jacks <i>Whole body</i>	6 Bent knee glute kickback <i>Lower body</i>	7 Table rows <i>Upper body</i>	8 Sitting twists <i>Core</i>
9 Crab walk <i>Whole body</i>	10 Lunge step-ups <i>Lower body</i>	11 Pike push-up <i>Upper body</i>	12 Dead bug <i>Core</i>

3 rounds (12 exercises + 12 exercises + 12 exercises)

Exercise time: 30" / Recovery between exercises: 25" / Recovery between rounds: 30"

Total effort time: 18' / Total recovery time: 14'45"

Total session time: 32'45"



Circuit example 3

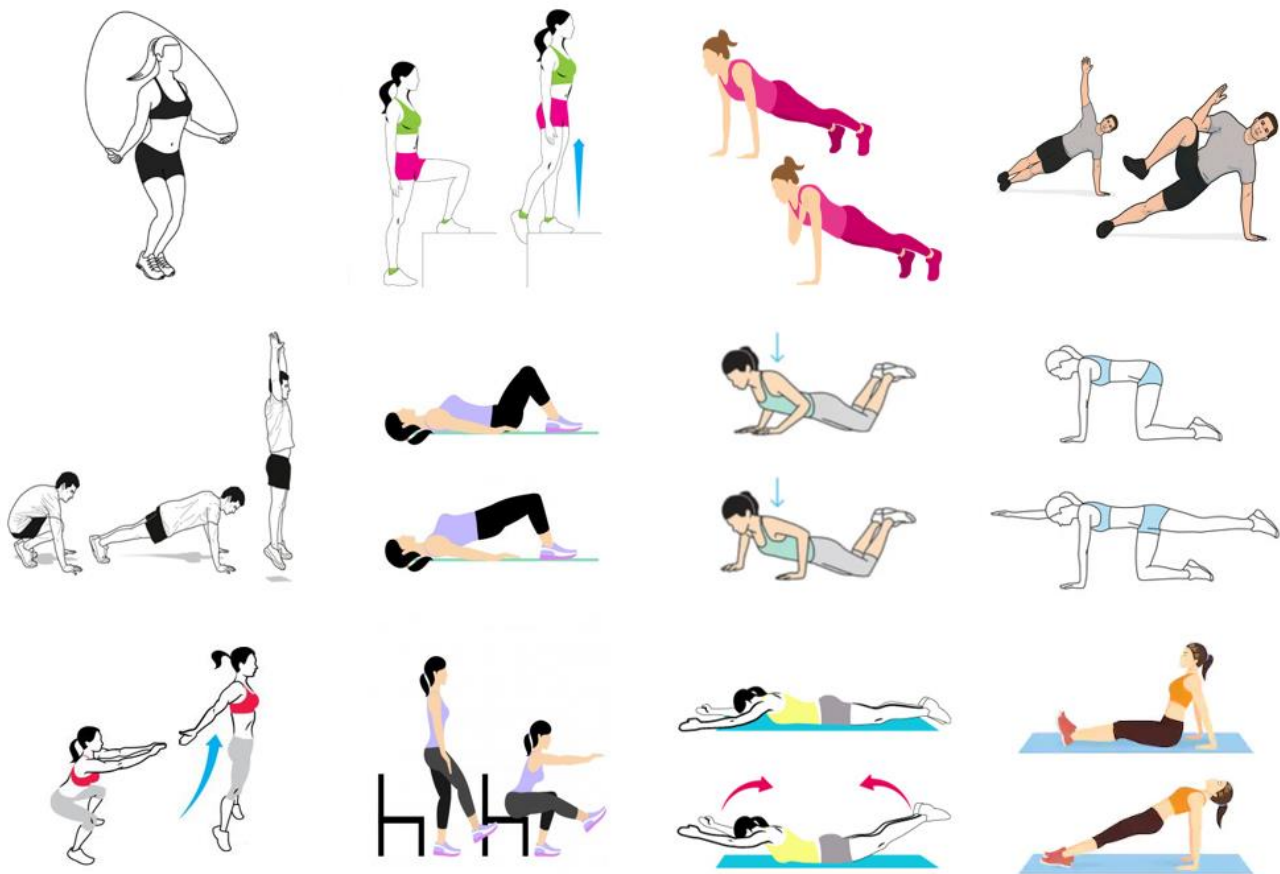
1 Jump rope <i>Whole body</i>	2 Step-up onto chair/box <i>Lower body</i>	3 Shoulder taps <i>Upper body</i>	4 Side plank crunch <i>Core</i>
5 Burpees <i>Whole body</i>	6 Glute bridge <i>Lower body</i>	7 Narrow to wide push-up <i>Upper body</i>	8 Bird dog <i>Core</i>
9 Squat jump <i>Whole body</i>	10 Single leg squat <i>Lower body</i>	11 Superman <i>Upper body</i>	12 Reverse plank <i>Core</i>

4 rounds (12 exercises + 12 exercises + 12 exercises + 12 exercises)

Exercise time: 30" / Recovery between exercises: 15" / Recovery between rounds: 15"

Total effort time: 24' / Total recovery time: 11'45"

Total session time: 35'45"



STANDARD QUALITY

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