

## Circuit Training: The Best Workout for Today's Busy Lifestyle

Everyone knows the value of exercise and other physical activities to one's health. Unfortunately, many modern day individuals are preoccupied with the ever-increasing demands of work, family, and other important matters that they have no time to include exercise in their schedules. Countless individuals are seeking ways to improve their physique, develop their muscles, and eliminate stress without consuming too much time.

A great way to improve one's health and physique is by doing a workout program called "circuit training." This kind of training program involves moving from one strength training routine to another, in a specified amount of time, with the goal of working the major muscle groups in the upper body, lower body, and core. Individuals who want to try this program should remember that no two consecutive exercises should target the same muscle group. During circuit training, individuals usually perform exercises in about 20 to 30 seconds with a 30 second recovery between each exercise. Three to five sets of exercises are done with a three minute recovery between each set.

Circuit training may improve strength, muscle endurance, and metabolism because of constant movement. In addition to these health benefits, if circuit exercises are done at speed, some benefits of aerobic exercises can be achieved as well. However, this type of program alone may not burn enough calories to promote significant weight-loss. This exercise program, like other workout programs, have advantages and disadvantages.

The advantages of circuit training includes:

- Development of strength and endurance
- Ideal form of training for many kinds of sports
- Can be adjusted for appropriate age, fitness, and health of individuals
- Exercises are simple enough to make individuals feel a sense of achievement in completing them
- A wide range of exercises are available that will suit an person's preference

Disadvantages of circuit training may include the following:

- Many exercises require equipment (dumbbells, barbells, exercise ball, etc)
- Ample space is required to perform circuit exercises
- Use of some equipment require appropriate health and safety monitoring

Just like other exercise programs, circuit training should be done properly and in moderation to achieve improved health. Some people are in such a hurry to improve their health that they tend over-train. Over-training should be avoided because too much or too intense physical activity may take its toll on the body. This happens because the body literally undergoes "wear and tear" during training. To build muscles and improve the body, it needs to rest to attain normal development. Medical studies show that over-training may cause fatigue and cause respiratory infection. In addition to these ailments, men who over-train may experience a decline in sperm quality and production. This happens because intense physical activities may reduce the level of the hormones in the bloodstream that affects the sperm. Normal sperm production and quality may return to normal after two to three days of rest.

Before beginning circuit training and other physical activities, individuals are encouraged to seek the advice of doctors and other health specialists. They may devise an exercise program and diet that are appropriate for one's health needs. Understanding the advantages and disadvantages of physical activities may lead to improved overall health.

## About the Author

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