

:30 minute CircuitFIT Volume Training: Strength Phase (Weeks 1-6)

Build STRENGTH While You Get RIPPED

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Photography: Joseph Saraceno

Model: Alex Saava

An athlete's quest for size, strength and definition is not an easy one. There are so many different "expert" theories out there on what you need to do to hit your goal. Most recommend hour long weight training sessions performed 4-6 days a week coupled with boring hour long cardio sessions every day. What if I told you that you could invest less than half that time and get better results? **Are You in?**

CORE/CARDIO/WEIGHTS in 30

Traditionally circuit training is defined as performing a series of weight-training exercises in a consecutive fashion with no rest periods between exercises. I've taken this type of training to the next level by blending core, cardio and weight-training exercises with a specific volume and tempo protocol into 30 minute sessions.

PERSONAL GUARANTEE:

I used CircuitFIT VOLUME Training (CFVT) 12 weeks out from a bodybuilding show and I did NO cardio! That's right, no dreary 1 hour treadmill sessions that burn hard-earned muscle. I let the intensity of this program along with a solid diet and supplementation plan get me ripped and ready for the stage.

-Alex Savva

About the Author

Alex Savva holds a Bachelor of Physical and Health Education from the University of Toronto. He's a certified Kinesiologist, bodybuilder and the Founder of CircuitFIT. Alex is also the CEO of PharmaFreak Technologies.

Adding core and cardio exercises results in a fully encompassing exercise program that cannot be beat. The added functionality you get from the combination of movements is the reason why my mixed martial artists (MMA) and elite competitive athletes find CircuitFIT training the best way to improve their power, strength and conditioning while getting shredded. CircuitFIT training has been tried and tested by thousands of individuals including bodybuilders, competitive athletes and your average Joe/Jill!

INTENSITY RULES

As you already know, it's not how long you exercise but how hard you go that determines results. Like most things in life, you get what you put into it. That's why you can do each workout in just 30 minutes and walk away. You can step away and be confident that you've done enough damage to ensure that you'll recover with increased strength and decreased body fat levels!

High intensity exercise sessions have been shown to induce the secretion of lipolytic hormones, including growth hormone and epinephrine, which promote greater post-exercise energy expenditure and fat burning¹. This after-burn effect following intense exercise bouts is associated with a boost in metabolism and is referred to as the excess post-exercise oxygen consumption (EPOC). Studies show EPOC duration following heavy resistance exercise extends up to 38 hours after completion².

Bottom line here is that 30 minutes is enough – GO HARD OR GO HOME!

REP RANGE & VOLUME

Each workout day described will have you performing 6 exercises of 5 sets of 5 reps each. This lower rep-range is perfect for building strength and preparing the body for the higher volume CFVT Hypertrophy Phase which you'll be doing in weeks 6-12 (look for it in the next issue of *Inside Fitness*). Studies show that low to intermediate repetition resistance-training programs (3-10 reps) induced a greater anabolic effect compared to the high repetition program (20 reps and up)³.

TEMPO TIPS

The tempo used in this program is written in a sequence of four numbers (i.e., 4-0-2-1). The first number represents the eccentric phase, the second number represents the

stretched phase, the third number represents the concentric phase, and the fourth number represents the peak contracted phase. The number assigned to each phase of the tempo represents the number of seconds you should take to complete each phase.

Example of 4-0-2-1 Tempo:

4 = 4-second eccentric contraction (negative part of the movement)

0 = no pause at the "stretch" portion of the movement

2 = take 2 seconds for the concentric contraction (the actual pushing/pulling of the weight)

1 = take 1 second pause at the peak contraction of the movement

WEEKS 1-6: STRENGTH PHASE

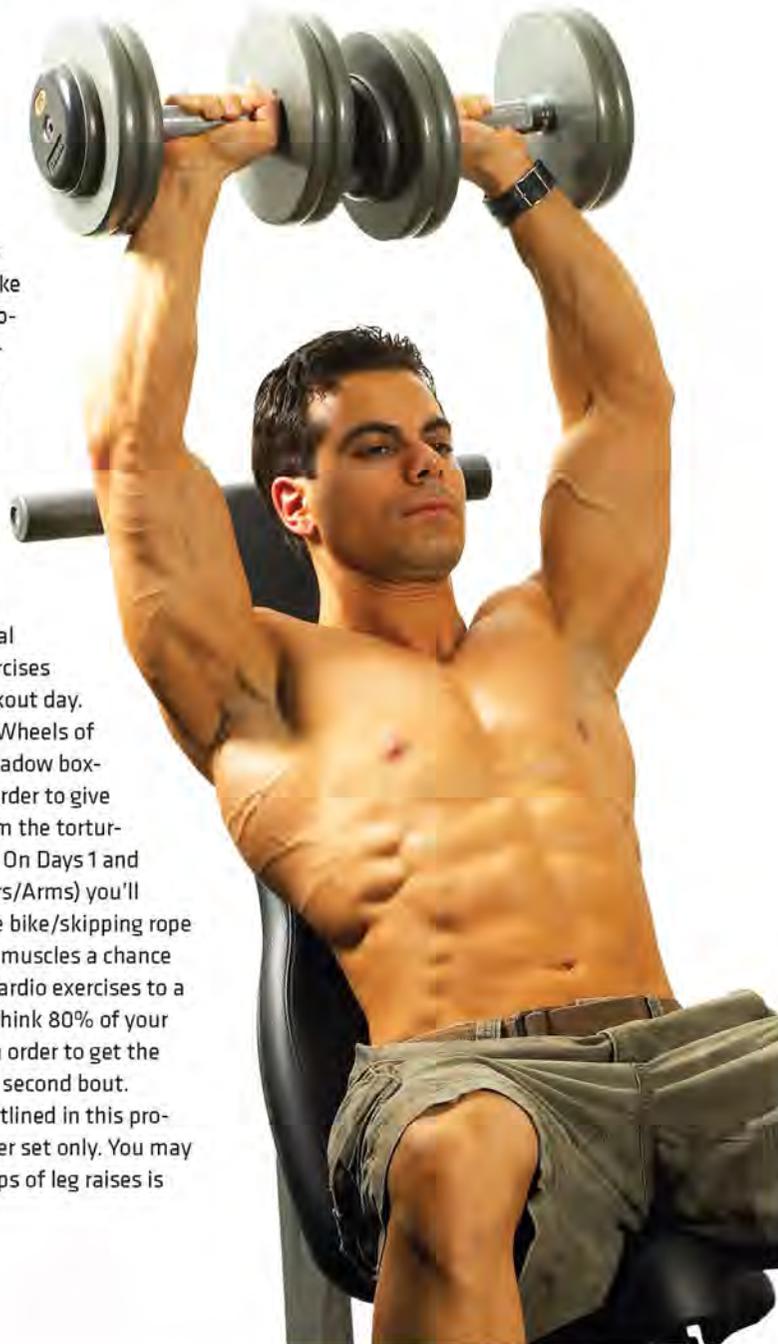
Perform this CFVT program for 6 weeks. You will be performing each workout one time per week with Off/Cross Training days in between to make sure you get maximum recovery between sessions. On your Off/Cross Training days you can take the day to rest or incorporate some type of Cross-Training like swimming, MMA or playing sports.

The cardio exercises that you'll be doing include riding the stationary bike, skipping rope, shadow boxing and hitting the heavy bag. It's crucial to follow the cardio exercises prescribed for each workout day. For example, on Day 3 (Wheels of Steel) you'll be doing shadow boxing/heavy bag work in order to give your legs a breather from the torturous squats and Lunges. On Days 1 and 2 (Chest/Back/Shoulders/Arms) you'll be hitting sprints on the bike/skipping rope to give your upper body muscles a chance to recover. Push these cardio exercises to a high level of intensity (think 80% of your max level of exertion) in order to get the most out of each 30-60 second bout.

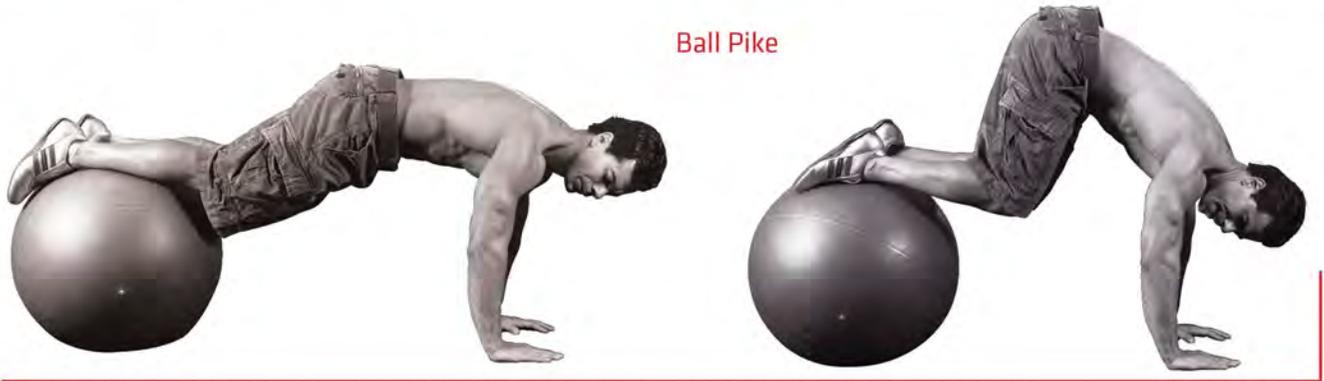
The core exercises outlined in this program are set at 5 reps per set only. You may be thinking "damn, 5 reps of leg raises is

nothing for me". Stop right there and look at the tempo I've outlined for these core moves. It's six seconds eccentric, no pause at the stretch portion, 2 seconds concentric and 1 second in the peak contraction. Do a set like that and you're core will be screaming for mercy!

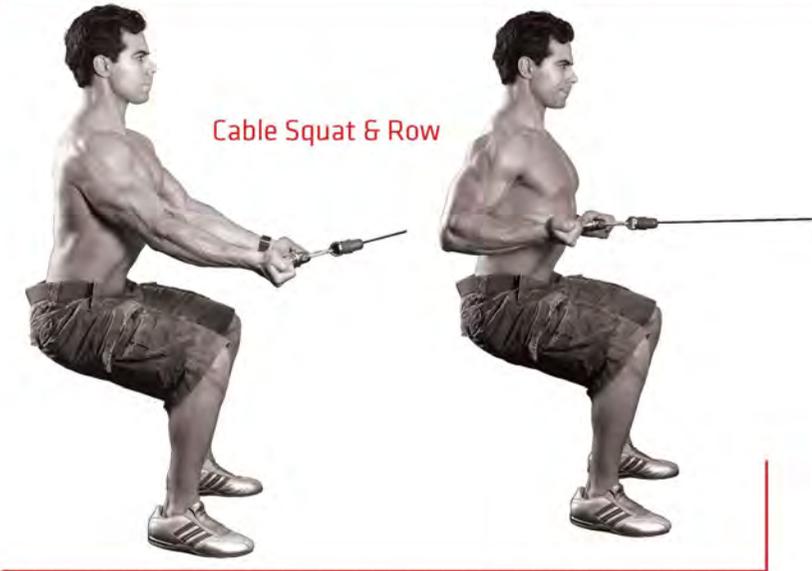
Keep your protein intake jacked and use top-notch supplements to get that edge. Exercise technique is of the utmost importance to ensure maximum results and to prevent any injury. Check your ego at the door of the gym and use weights that you can properly do following the protocols outlined in this program. Stay tuned for the next issue of *Inside Fitness* where I will be giving you 30 min CircuitFIT Volume Training: Hypertrophy Phase (weeks 6-12)!



MON	TUES	WED	THURS	FRI	SAT	SUN
Day 1: Chest/Back	Off/ Cross Train	Day 2: Shoulders/ Arms	Off/Cross Train	Day 3: Legs	Off/Cross Train	Off



Ball Pike



Cable Squat & Row



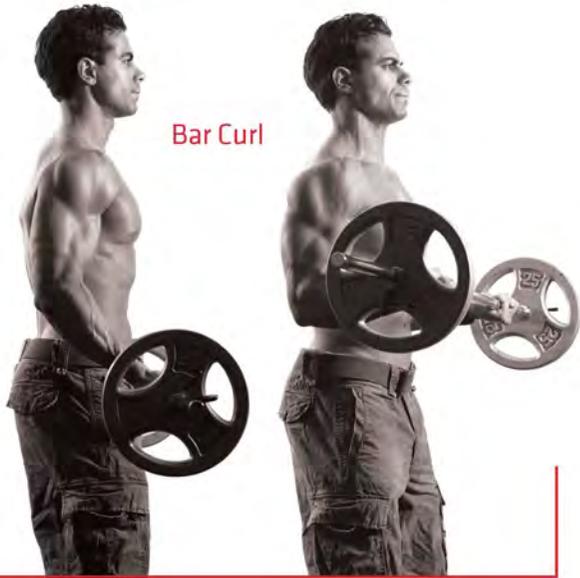
Incline Press



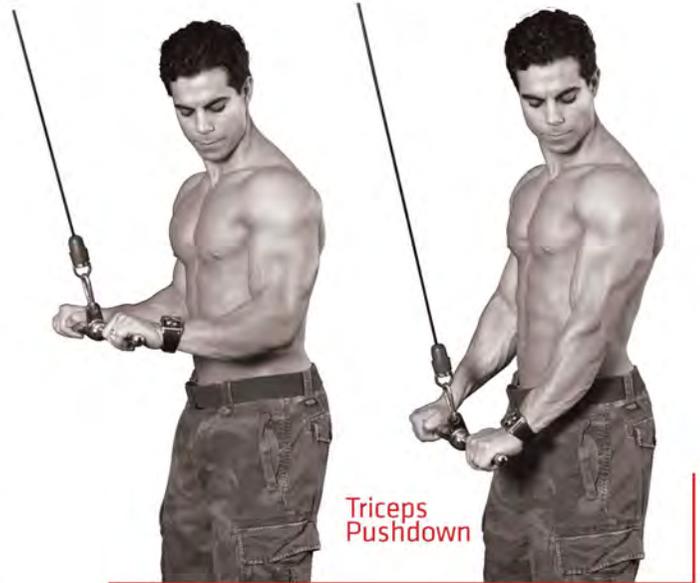
Dip

DAY 1: CHEST/BACK ATTACK

EXERCISE	SETS	REPS/TIME	TEMPO
Incline Press	5 sets/Circuits	5	4-0-2-1
Close-grip Chins	(perform each exercise in a consecutive fashion with NO rest for 5 total circuits)	5	4-0-2-1
Bike/Skip Rope		30-60 seconds	4-0-2-1
Ball Pike		5	6-0-2-1
Dip		5	4-0-2-1
Cable Squat & Row		5	4-0-2-1



Bar Curl



Triceps Pushdown



Shoulder Press

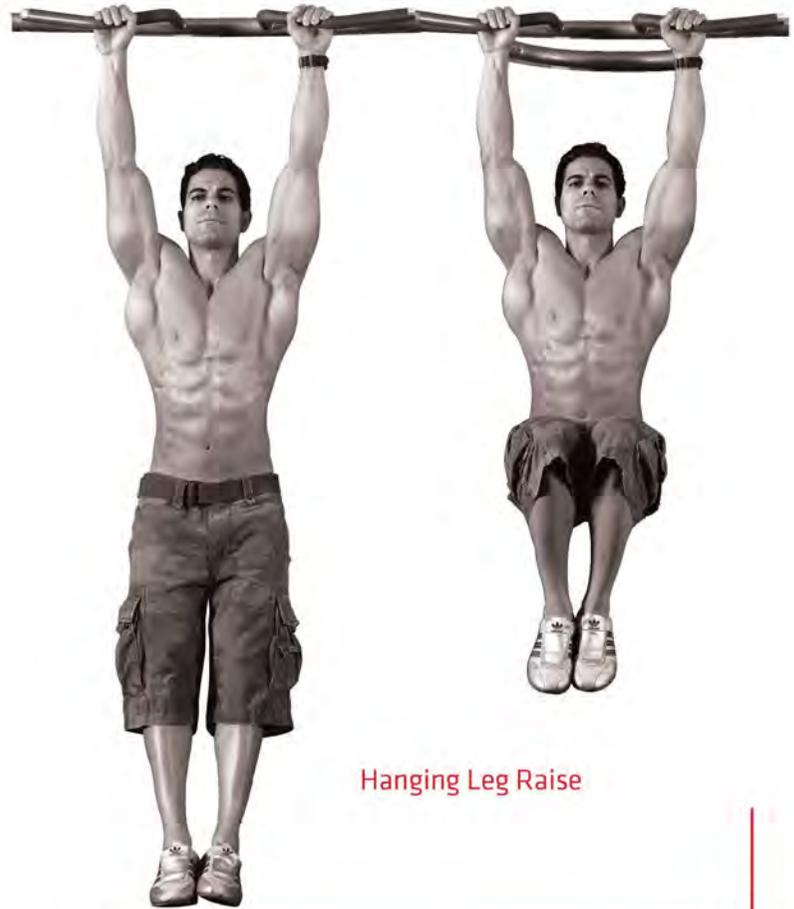
Shrug



DAY 2: SHOULDER/ARM ASSUALT

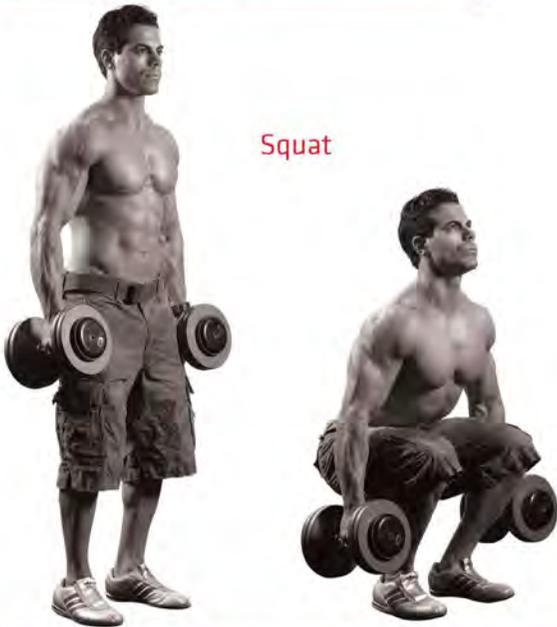
EXERCISE	SETS	REPS/TIME	TEMPO
Shoulder Press	5 sets/Circuits	5	4-0-2-1
Shrug	(perform each exercise in a consecutive fashion with NO rest for 5 total circuits)	5	4-0-2-1
Bike/Skip Rope		30-60 seconds	4-0-2-1
Bar Curl		5	4-0-2-1
Triceps Pushdown		5	4-0-2-1
Weighted Ball Crunch		5	6-0-2-1

Knee Raise

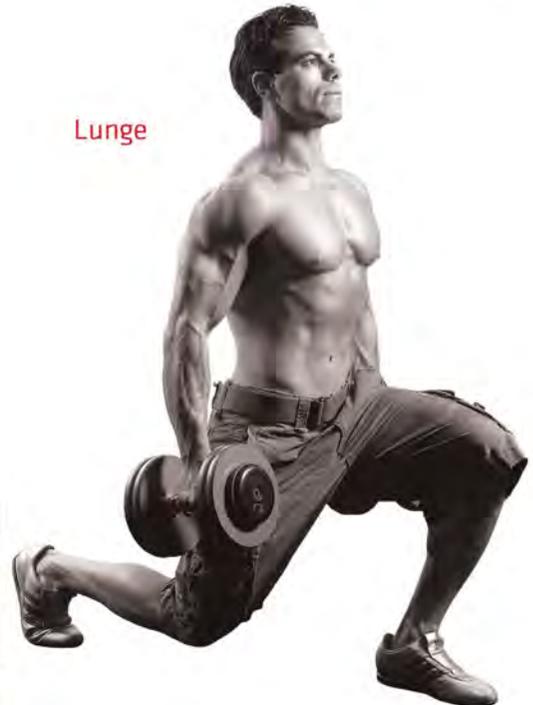


Hanging Leg Raise

Squat



Lunge



DAY 3: WHEELS OF STEEL/ABS

EXERCISE	SETS	REPS/TIME	TEMPO
Squat	5 sets/Circuits (perform each exercise in a consecutive fashion with NO rest for 5 total circuits)	5	4-0-2-1
Step up		5	4-0-2-1
Hanging Leg Raise		5	6-0-2-1
Lunge		5	4-0-2-1
Knee Raise		5	6-0-2-1
Shadow Box/Heavy Bag		30-60 seconds	4-0-2-1

References

1. Irving, B.A., & Davis, C.K., et al. (2008). Effect of Exercise Training Intensity on Abdominal Visceral Fat and Body Composition. *Med Sci Sports Exerc*, Oct 8.
 2. HYPERLINK "http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=11882927&query_hl=4&itool=pubmed.DocSum" to "<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Retrieve&dopt=A>

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 3. Campos G.E., & Luecke, T.J., et al. (2001). Muscular adaptations in response to three different resistance-training regimens: specificity of repetition maximum training zones. *Eur J Appl Physiol*, 88(1-2):50-60.