

# ***Blue Chip Fit Circuit Training – Strength and Cardio Conditioning Together in One Session***

*By Blue Chip Fit Staff  
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If you are looking for a fast workout that can tone or build strength and has cardiovascular benefits, try Blue Chip Fit Circuit Training. The circuit consists of seven stations performed with minimal rest between sets. The stations alternate between upper and lower body muscle groups and include cardio/endurance components and strengthening exercises. There are different choices within each station to vary the workouts or concentrate on different areas. All seven stations may be performed in one session, or as few as only four stations may be performed in one session with others done on another day.

Some of the benefits of Blue Chip Fit Circuit Training are:

- Little equipment needed – just dumbbells, a jump rope, and a fitness ball.
- Workouts may be as fast as 20 minutes at the beginner level.
- It's easy to follow exercises for these 7 stations.
- May vary exercise choice for each workout to reduce monotony.
- Lighter weights lessen injury risk.
- It's easy to modify for toning or strengthening goals.
- The program may be done at home or in a gym.
- These exercises are great complementary exercises for athletes of all fitness levels.
- Many of these exercises involve multiple muscle groups, joints and body parts.

Following are example training sessions for beginning, intermediate, and advanced fitness levels. Within each station choose an exercise from columns 1, 2, or 3 and decide the number of repetitions (reps). The difficulty increases going from left to right (1 is the easiest) and choices may be based on fitness level or body soreness on a given day.

**Beginner Level, 20 – 30 minutes:**

Warm up 5 – 10 minutes on a stationary bike, treadmill or elliptical before starting.

<b>Station (Muscles Worked)</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>Cardio/Endurance (Calves, or Quads, Hamstrings, and Glutes)</b>	10–30 reps Jumping Jacks or 10–30 revolutions of Jump Rope	20 reps Modified “Hindu” Squats	1–3 flights of stairs, up and down
<b>Chest (Pectorals, Core)</b>	8–12 reps Pushups	8–12 reps Chest Press on fitness ball with 5–15 lb dumbbells	8–12 reps Incline Chest Press on fitness ball with 5– 10 lb dumbbells
<b>Squats (Quads)</b>	8–12 reps Wall Squats with fitness ball	30 second Wall Sit with back on fitness ball	8–12 reps Freestanding Squats while holding 5 lb dumbbells at sides
<b>Rows (Back/Latissimus Dorsi)</b>	8–12 reps Bent Rows with 5–10 lb dumbbell		
<b>Lunges (Quads, Hamstrings and Glutes)</b>	6–8 reps Stationary Lunges on each leg	8 reps Side-to-Side (“Shuffle”) Lunges on each leg	8 reps Forward “Walking” Lunges on each leg
<b>Back of the Upper Arm (Triceps)</b>	8–12 reps Tricep Extensions (“Skull Crushers”) on fitness ball with 5 lb dumbbells	8–12 reps Tricep Extensions (“Kickbacks”) from standing position with 2–5 lb dumbbell	4–8 reps Close- Grip (Triceps) Pushups
<b>Shoulders (Deltoids)</b>	8–12 reps Straight-Armed Side Shoulder Raises with 1–5 lb dumbbells	8–12 reps Lateral Shoulder Raises with 1–5 lb dumbbells	8–12 reps Straight- Armed Front Shoulder Raises with 1–3 lb dumbbells

**Intermediate Level, 30 – 40 minutes:**

Warm up 5 – 10 minutes on a stationary bike, treadmill or elliptical before starting.

<b>Station (Muscles Worked)</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>Cardio/Endurance (Calves, or Quads, Hamstrings, and Glutes)</b>	30–60 reps Jumping Jacks or 30–60 revolutions of Jump Rope	30–40 reps Modified “Hindu” Squats	3–8 flights of stairs, up and down
<b>Chest (Pectorals, Core)</b>	8–15 reps Pushups	8–12 reps Chest Press on fitness ball with 10–25 lb dumbbells	8–12 reps Incline Chest Press on fitness ball with 10–25 lb dumbbells
<b>Squats (Quads)</b>	8–12 reps Wall Squats with fitness ball, add Bicep Curls with 5–8 lb dumbbells	45 second Wall Sit with fitness ball	8–12 reps Freestanding Squats while holding 10 lb dumbbells at sides
<b>Rows (Back/Latissimus Dorsi)</b>	8–12 reps Bent Rows with 15–25 lb dumbbell	8–12 reps Rows from pushup “plank” position with 5–10 lb dumbbell	
<b>Lunges (Quads, Hamstrings and Glutes)</b>	8–12 reps Forward “Walking” Lunges while holding 10 lb dumbbells at sides	8–12 reps Lunges with back foot raised while holding 5–10 lb dumbbells at sides	8–12 reps Side-to- Side (“Shuffle”) Lunges while holding 5–10 lb dumbbells
<b>Back of the Upper Arm (Triceps)</b>	8–12 reps Tricep Extensions (“Skull Crushers”) on fitness ball with 8– 15 lb dumbbells	8 reps Tricep Extensions (“Kickbacks”) from standing position with 5–8 lb dumbbell	8–10 reps Close- Grip (Triceps) Pushups
<b>Shoulders (Deltoids)</b>	8–12 reps Straight- Armed Side Shoulder Raises with 8–10 lb dumbbells	8–12 reps Lateral Shoulder Raises with 5–10 lb dumbbells	8–12 reps Straight- Armed Front Shoulder Raises with 5–8 lb dumbbells

**Advanced Level, 40 – 60 minutes:**

Warm up 5 – 10 minutes on a stationary bike, treadmill or elliptical before starting.

<b>Station (Muscles Worked)</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>Cardio/Endurance (Calves, or Quads, Hamstrings, and Glutes)</b>	60–100 reps Jumping Jacks or 60–100 revolutions of Jump Rope	40–50 reps Modified “Hindu” Squats	8–12 flights of stairs, up and down
<b>Chest (Pectorals, Core)</b>	15–20 reps Inverted Pushups (feet raised 6–18 inches)	8–12 reps Chest Press on fitness ball with 35 lb dumbbells	8–12 reps Incline Chest Press on fitness ball with 25–35 lb dumbbells
<b>Squats (Quads)</b>	10–15 reps Wall Squats with fitness ball, add Bicep Curls with 10–20 lb dumbbells	60 second Wall Sit with fitness ball	8–12 Freestanding Squats while holding 12–20 lb dumbbells at sides
<b>Rows (Back/Latissimus Dorsi)</b>	8–12 reps Bent Rows with 25–45 lb dumbbell	8–12 reps Rows from pushup plank position with 10–15 lb dumbbell	
<b>Lunges (Quads, Hamstrings and Glutes)</b>	8–12 reps Forward Walking Lunges while holding 10– 20 lb dumbbells at sides	8–12 reps Lunges with back foot raised while holding 10–20 lb dumbbells at sides	8–12 reps Side-to- Side (“Shuffle”) Lunges while holding 10–20 lb dumbbells at sides
<b>Back of the Upper Arm (Triceps)</b>	8–12 reps Tricep Extensions (“Skull Crushers”) on fitness ball with 8– 15 lb dumbbells	8–12 reps Tricep Extensions (“Kickbacks”) from standing position with 8–15 lb dumbbell	10–12 reps Close- Grip (Triceps) Pushups
<b>Shoulders (Deltoids)</b>	8–12 reps Straight-Armed Side Shoulder raises with 10–20 lb dumbbells	8–12 reps Lateral Shoulder Raises with 10–20 lb dumbbells	8–12 reps Straight- Armed Front Shoulder Raises with 5–12 lb dumbbells

The Blue Chip Fit Circuit Training workout is only one workout within an overall fitness program. Balance, core, biceps, and hamstrings work may be done separately.

This article is meant as an aide in exercise. However, many of the exercises mentioned here are difficult and require proper form. Please practice caution when performing these exercises. If possible, seek the assistance of an experienced, certified personal trainer to maximize safety and benefits. Please consult your physician before starting any new exercise program.

For questions about this article or Personal Training with Blue Chip Fit please contact:

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