

Contralateral Aerobic Circuit Method

By xlathlete.com

The following is an aerobic circuit method for the beginning of training to build your base and revisit work capacity and fitness to get ready to train.

Using the circuit

This circuit is to be used to train in the aerobic zone, staying below lactate threshold (LT), lactate inflection point (LIP) or Ventilatory threshold (VT).

You may want to build up using the methods (Levels) below, trying to get to level 4 as fast as possible without training into lactate threshold.

Level 1 - 15 seconds on 10 off

Level 2 - 20 seconds on 10 off

Level 3 - 25 seconds on 10 off

Level 4 - 30 Seconds on 10 off

The following is an excellent online interval timer – [Click here](#)

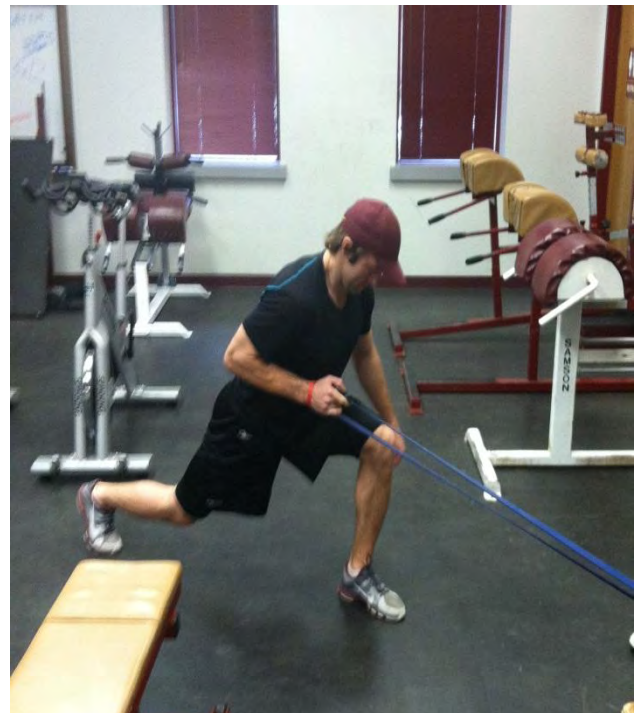
Set-up:

You can do the circuit one station at a time laid out around the training area or you can complete in one spot with the correct set-up. The set-up is pictured on the last page of the circuit. You can type the numbers at the top of the page to change the order of the circuit if needed to fit your weight room.

Reverse Lunge Right with Band Row Left



Reverse Lunge Left with Band Row Right

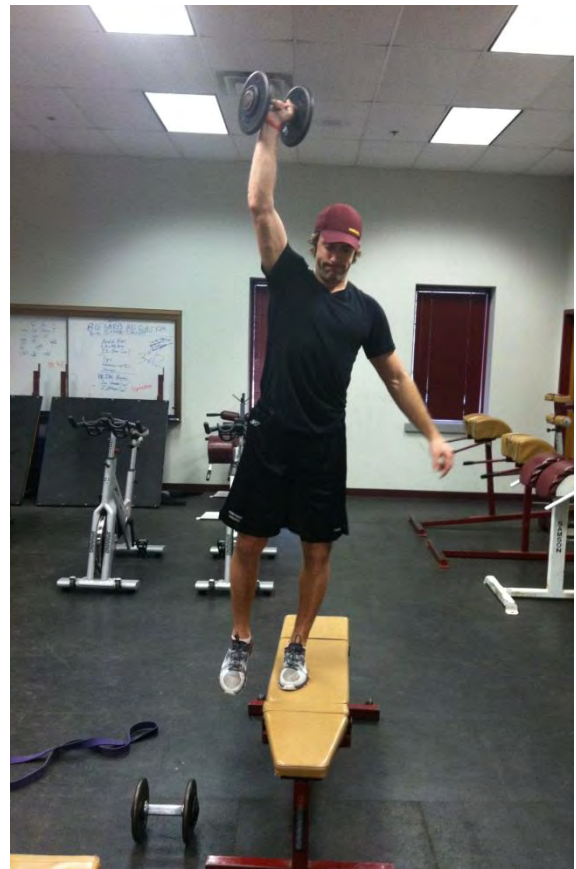


Step up Right with Shoulder Press Left



M – 25 F – 15

Step up Left with Shoulder Press Right



M – 25 F - 15

Right Leg Deadlift Left Arm Row



M – 35 F – 25

Left Leg Deadlift Right Arm Row



M – 35 F – 35

Piston Squat Right with Left Arm Band Row



Piston Squat Left with Right Arm Band Row



Reverse Lunge Right Shoulder Press Left



M – 25 F – 15

Reverse Lunge Left with Shoulder Press Right



M – 25 F – 15

Step up Right with Left Arm Band Row



Step up Left with Right Arm Band Row



RDL with Overhead Press



5lbs

Close Leg RDL with Twisting Row



M – 35 F - 25

Step up Right with Band Press Left



Step up Left with Band Press Right



Right Leg RDL with Left Arm Row



M – 30 F – 20

Left Leg RDL with Right Arm Row



M – 30 F – 20

Split Squat Right with Left Shoulder Press



M – 25 F – 15

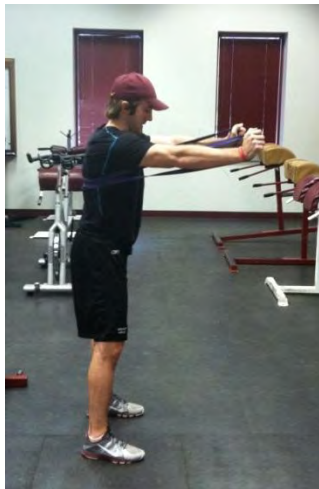
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Split Squat Left with Right Shoulder Press

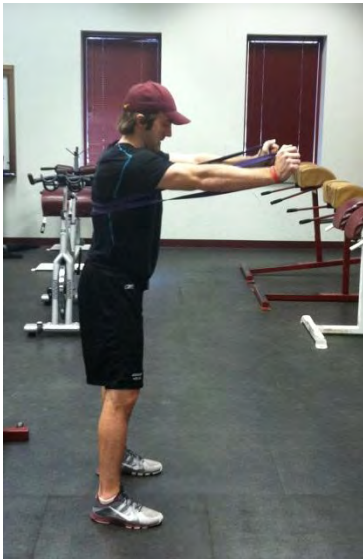


M – 25 F - 15

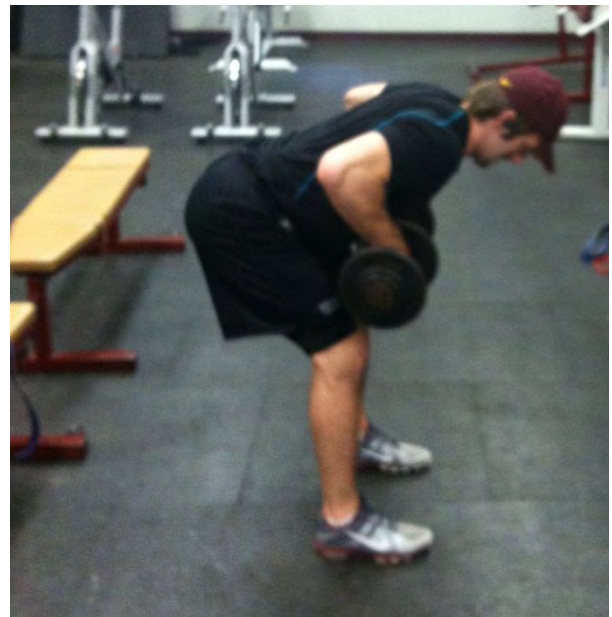
Reverse Lunge Right with Band Press Left



Reverse Lunge Left with Band Press Right



RDL with Row



M – 40 F – 30

Piston Squat Left with Band Press Right



Piston Squat Right with Band Press Left



Bent over Face Pulls



Squat and Band Chest Press



Squat with Band Row



RDL Windmill



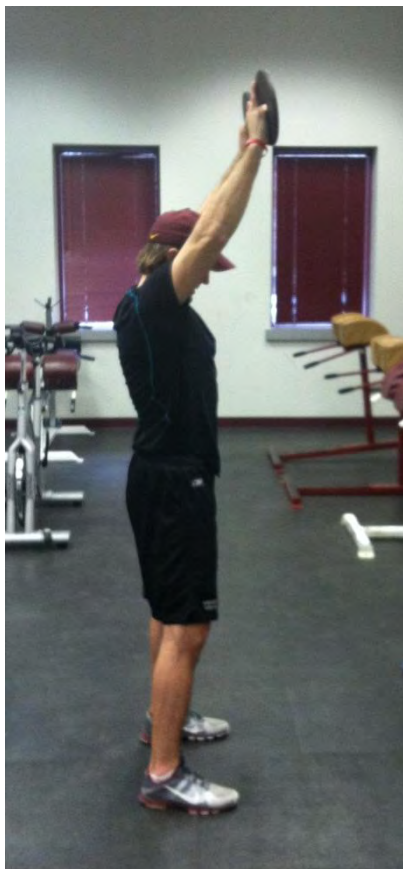
Split Squat Left with Right Arm Band Press



Split Squat Right with Left Arm Band Press



Overhead RDL



Right Leg Deadlift with Left Arm Band Row



Left Leg Deadlift with Right Arm Band Row



Split Squat Right with Left Arm Band Row



Split Squat Left with Right Arm Band Row



Squat with Shoulder Press



M – 35 F – 25

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Squat with Right Arm Row



M – 30 F – 20

Squat with Left Arm Row



M – 30 F – 20

Piston Squat Right with Shoulder Press Left



M – 25 F – 15

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Piston Squat Left with Shoulder Press Right



M – 25 F - 15

Contralateral Aerobic Circuit Method

The following is a Rack setup to complete the circuit at one station.



Aerobic Block Contralateral Circuit Station
Training no pictures

Reverse Lunge Right with Band Row Left
Reverse Lunge Left with Band Row Right
Step up Right with Shoulder Press Left
Step up Left with Shoulder Press Right
Right Leg Deadlift Left Arm Row
Left Leg Deadlift Right Arm Row
Piston Squat Right with Left Arm Band Row
Piston Squat Left with Right Arm Band Row
Reverse Lunge Right Shoulder Press Left
Reverse Lunge Left with Shoulder Press Right
Step up Right with Left Arm Band Row
Step up Left with Right Arm Band Row
RDL with Overhead Press
Close Leg RDL with Twisting Row
Step up Right with Band Press Left
Step up Left with Band Press Right
Right Leg RDL with Left Arm Row
Left Leg RDL with Right Arm Row
Split Squat Right with Left Shoulder Press
Split Squat Left with Right Shoulder Press

Reverse Lunge Right with Band Press Left
Reverse Lunge Left with Band Press Right
RDL with Row
Piston Squat Left with Band Press Right
Piston Squat Right with Band Press Left
Bent over Face Pulls
Squat and Band Chest Press
Squat with Band Row
RDL Windmill
Split Squat Left with Right Arm Band Press

Split Squat Right with Left Arm Band Press
Overhead RDL
Right Leg Deadlift with Left Arm Band Row
Left Leg Deadlift with Right Arm Band Row
Split Squat Right with Left Arm Band Row
Split Squat Left with Right Arm Band Row
Squat with Shoulder Press
Squat with Right Arm Row
Squat with Left Arm Row
Piston Squat Right with Shoulder Press Left
Piston Squat Left with Shoulder Press Right