

Circuit training: You won't be bored when you do circuit training. This workout gets your heart rate up and strengthens your muscles at the same time.

You'll move quickly through 8-10 exercise stations to work different muscle groups with little to no rest between stations.

Circuit training is the perfect workout if you are short on time. You can set up as many or as few stations as you like and then continue through the circuit until your time runs out. You can fit it in effective, total-body workout whether you have 15 minutes or an hour.

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- Aerobic exercise is the type of moderate-intensity physical activity that you can sustain for more than just a few minutes with the objective of improving your cardiorespiratory fitness and your health. Examples include jogging, walking, biking
  - Anaerobic exercise is performed at an intensity that causes you to get out of breath quickly and can be sustained for only a few moments. Weight lifting and sprinting are examples of anaerobic exercise.
  - **Heart rate:** The number of heartbeats per unit of time, usually per minute. The **heart rate** is based on the number of contractions of the ventricles (the lower chambers of the **heart**).
  - **Target heart rate** is defined as the minimum number of heartbeats in a given amount of time in order to reach the level of exertion necessary for cardiovascular fitness, specific to a person's age, gender, or physical fitness.
  - It is recommended that you exercise within 55 to 85 percent of your maximum heart rate for at least 20 to 30 minutes to get the best results from aerobic exercise. The MHR (maximum heart rate) is the upper limit of what your cardiovascular system can handle during physical activity.

The basic way to **calculate** your **maximum heart rate** is to subtract your age from 220. For example, if you're 45 years old, subtract 45 from 220 to **get** a **maximum heart rate** of 175. This is the **maximum** number of times your **heart** should **beat** per minute during exercise.