



Jiva Circuit

GETTING STARTED

WHAT IS IT?

Jiva Circuit is a circuit-style metabolic workout. This means that you move from exercise to exercise performing each of them for a set period of time. The focus of the class is on getting your heart rate up and raising your metabolic rate through short, intense bursts of activity. This type of session improves your cardiovascular system, your ability to do high intensity activities repeatedly, and burns a ton of calories in the process. This makes it a perfect class for those looking to lose weight and get in shape.

WHAT WILL I DO?

Jiva Circuit starts with a general warm up followed by 20 exercises which make up the circuit. Participants have 50 seconds to perform each exercise (at their own individual level with any amount of rest needed). Then there's a 10 second rest while the instructor demonstrates the upcoming exercise. Finally, the class will come together to cool down and stretch, completing the class.

IS IT FOR ME?

Jiva Circuit is for almost anyone. A few simple rules make this workout a great choice for most people.

Rule #1: The class is intensity specific, not exercise specific. This means that if a particular exercise is not something you can do because of an injury or condition, we will help you either modify the exercise or you can choose to do a completely different exercise. It is more important that you work hard than perform any particular movement.

Rule #2: The intensity is more important than the duration. In the first circuit of 50 seconds per station, lasting 50 seconds is not the goal. Research has shown that greater results are achieved with shorter bouts of higher intensity. So, if you give an all-out effort for 10 seconds and choose to take the rest of the time recovering, it is more beneficial than trying to last the full 50 seconds. You can even

skip whole stations if you need more recovery time.

Rule #3: If you have any questions, get the instructor's attention. He/she will be circulating through the class correcting form and looking to help those with questions.

Rule #4: Have fun! The variety of exercises, the current up-tempo music, and other class participants can make the Jiva Circuit a challenging, but fun experience.

HOW OFTEN SHOULD I DO IT?

Because of the high intensity nature of Jiva Circuit, the recommendation is to participate one to two times per week. As important as the activity is, if you don't give yourself an opportunity to recover from it, overuse injuries can occur.

HELPFUL HINTS?

While having said that the intensity is the key factor in getting the results you want, so is safety and proper progression. Using good form and giving yourself permission to not push yourself too hard for the first few classes, can keep you stay healthy and on the road to success.

HOW WILL I FEEL?

Participating in a different kind of activity than you are used to can make most people feel a little uncomfortable. However, if you approach Jiva Circuit with the mindset of "I'm going to have fun learning a new way to reach my goals." You will find that this workout can become one of your favorites.

WHAT'S THE DIFFERENCE BETWEEN THIS AND A BOOT CAMP?

Honestly, nothing. In fact, this is practically the same style as the boot camp Mark has been teaching for years. The name change was simply so fewer people were scared away by the name. The class is structured to accommodate all fitness levels. Everyone works at their own level. Oh, and the instructor doesn't yell at you.