

Speed Dating Training Circuits

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Introduction:

The best thing about speed dating exercise circuits is that you can move quickly from exercise to exercise and have some fun while you are at it. In this session, we will experience the benefits of circuit training within a challenging and 'speed dating' workout format. Big on ideas, this session will have you sweating and smiling... with no strings attached!

Benefits: Client + Instructor + Club

Perfect Mix: Group Environment (community-driven) + Individualized Training (self-lead)

Steps to Circuit Success

1. Planning

- a. Space & Equipment
- b. Goals – CV, RT (general or specific), Combination
- c. Skill Set, # of Participants, Varying Needs
- d. Programming – registered, drop-ins, weekly, bi-weekly+

2. Organizing

- a. Set Up and Format
 - i. Circular
 - ii. Figure 8
 - iii. Lines and Lanes
 - iv. Quadrants
 - v. Other
- b. Management
 - i. Timed or Rep-Based
 - ii. Timing Tools
 - iii. Music
 - iv. Exercise Cards

3. Implementation

- a. Warm Up
- b. Review
 - i. Demo Exercises
 - ii. Work to Recovery Ratio
 - iii. Transitions
 - iv. Direction of Travel
- c. Stay organized.
 - i. Clear directions.
 - ii. Move and Cue
 - iii. Motivational methods
- d. Mix it up. Add a 'FUN' element

4. Communication

- a. See + Cue + Coach
- b. Managing various skill sets. Regressions & progressions i.e. ROM, Load, Tempo
- c. Self-directed, self-monitoring

CIRCUIT 1:

Lines and Lanes + 'Speed Date'

Set Up: Set up 6 stations. Partner up participants. Line up facing each other, equipment placed in between. Both partners perform exercise #1. Then they come together for partner drill #1. Next the perform exercise # 2. Then, one row rotates one position. New partners come together for partner exercise #2. Continue the pattern. Timed-set: 60 secs. Recover/transition 30 secs.

BW Exercise:	1. Squat to lift, touch R-L-C-L-R	2. Skiing – mtn climber position	3. Side lunge, arm reach chop	4. Bridge with reach	5. Abs – ½ arc + press	6. Push ups, kneeling off set
Band/Partner:	X-Country	UB Rotations	Row & Jump	Jabs to tempo	Shuffles	Hold, Jump Side

CIRCUIT 2:
Circular + 'Date in the Middle'

Set Up: Set up 4–8 stations in a circle. Leave space in the middle. Move clockwise with a partner exercise in-between that builds. First time through, partner exercise A. Second time, partner exercise A then B. Third time, A, B+C, etc. 60 second sets

Dumbbells Farmer Lift	30-60 Seconds R & L A. One-Hand Lunges B. Bicycles	Bands Single leg, dead lift
MB Med ball Slams	C. Side Plank Hold D. Leg Press	BW Plank, figure 8 rotations

CIRCUIT 3:
Quadrant Strength HIIT + 'Double Date'

Set Up: 4 Stations, 20 sec exercise at tempo :10 sec iso x 2 sets per station prior to transitioning, also allows you to work right and left: 1 full circuit = 4 minutes

Mat Flutter Swim / Plank	Bands Pull down / Wide Iso-Hold
Med Ball Press Back / Bridge	Fast Low Run / Hold a low squat

Mat Clams / Lift Hold	Bands Biceps Curl / Press away
Med Ball Side Lunges / 1-leg balance	BW Abs / Oblique reach & hold

Group Date Post Set = 2 Pairs: Bands, interlock band in the center: rows, press, squat +fly, lunges, etc.

CIRCUITS 4+:

Partner Power-Up Circuit

Focus: Strength and endurance

Overview: This circuit alternates between individual strength moves and paired power exercises. Each partner completes a station individually, then teams up for a "power-up" exercise at every third station.

Sample Station Flow:

- **Station 1:** Single-Arm Dumbbell Rows (individual)
- **Station 2:** Resistance Band Squats (individual)
- **Station 3:** Partner Power Push-Ups (team up to alternate push-ups, high-fiving at the top)

Repeat: Continue with pairs alternating solo exercises and partner power-ups.

Core & Cardio Challenge

Focus: Core stability and cardiovascular fitness

Overview: This circuit combines core-focused exercises with high-energy cardio drills. Partners complete core exercises first, then move to quick cardio intervals before switching to the next station.

Sample Station Flow:

- **Station 1:** Plank Pass (holding a plank and rolling a ball to each other)
- **Station 2:** Agility Ladder (one partner completes quick footwork, then the other)
- **Station 3:** Russian Twist Pass with Medicine Ball
- **Station 4:** High Knees Relay (each partner does 30 seconds, cheering the other on)

Cycle: Alternate core and cardio stations with partners.

AMRAP Team Challenge

Focus: Maximal rounds as a team, building strength and cardio endurance

Overview: Partners work together to complete “as many rounds as possible” (AMRAP) of a set circuit within each 5-minute station.

Sample Circuit:

- **Exercises:** 10 Dumbbell Squats, 8 Push-Ups, 6 Burpees
- **Goal:** Complete as many rounds of the exercises as possible in 5 minutes. Partners alternate exercises to keep moving quickly and cheer each other on.

Variation: Each team can try to beat their previous AMRAP score when they return to the station, adding a competitive, motivating element.

Flex & Stretch Exchange

Focus: Flexibility and balance with strength

Overview: This circuit emphasizes flexibility and balance, allowing participants to slow down and focus on controlled movements. Partners alternate flexibility exercises with strength moves, challenging both aspects at each station.

Sample Station Flow:

- **Station 1:** Single-Leg Deadlift with Dumbbell + Partner-Assisted Hamstring Stretch
- **Station 2:** Wall Sits with Ball Pass (hold wall sit and pass a ball back and forth)
- **Station 3:** Resistance Band Oblique Twists (standing, partners twist in sync)
- **Station 4:** Partner PNF Stretch (take turns holding a stretch with partner assistance)

Cycle: Encourage participants to use controlled, intentional movements to build balance and flexibility.

Mini-Match Relay Circuit

Focus: Cardio, power, and quick transitions

Overview: Set up stations where partners “compete” to complete short exercises faster than their partner, creating a fun mini-challenge at each station.

Sample Station Flow:

- **Station 1:** Medicine Ball Slams (5 reps each; race to finish first)
- **Station 2:** Tube Rows (10 reps each; race to complete with good form)
- **Station 3:** Jump Rope Challenge (count jumps in 1 minute and see who gets the highest count)
- **Station 4:** Mountain Climbers (20 seconds each, alternating partners)

Repeat: Encourage friendly competition at each station, with partners motivating each other to go all-out.

Guidelines for Participants

1. **Stay Engaged:** Keep energy high and focus on each “date” with a new partner, approaching each station with enthusiasm.
2. **Maintain Form:** Prioritize proper form over speed to prevent injuries.
3. **Encourage Each Other:** Keep a positive, motivating environment to build camaraderie.
4. **Challenge Yourself:** Adjust resistance or intensity as needed to match your fitness level and push your limits.

Tips for Instructors

1. **Circulate the Room:** Offer guidance, adjust form, and provide quick tips at each station to help participants get the most out of every exercise.
2. **Time Management:** Keep the rotations on track and use clear signals to indicate station changes.
3. **Modifications:** Offer alternatives for participants at different fitness levels to ensure everyone stays engaged and challenged.
4. **Add Fun Elements:** Great music, motivational cues, and partner challenges to keep the energy up and the session enjoyable.

Thank you!