

# 8-WEEK CIRCUIT WEIGHT TRAINING TO BURN FAT AND BUILD MUSCLE

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## Pros and Cons of Circuit Workout

Like every workout program, circuit training also has some advantages and downsides, and knowing them will help you understand whether you should do it or not.

### Pros of Circuit Workout

- Circuit training increases weight loss enhances fat-free mass and shapes physique.
- Doing circuit workout with weights promote cardiovascular health, strengthen the entire body, and [improves aerobic and anaerobic fitness](#).
- The weighted circuit training is time efficient because they combine the component of a [strength and endurance workout](#), saving your bodyweight cardio exercise time.

### Cons of Circuit Training

- Weighted circuit workouts aren't as effective as traditional [resistance training for maximizing strength and hypertrophy](#). So, people who want to build a sizeable physique should avoid this.
- A circuit workout is a high-intensity training program that requires a good endurance level, making it unsuitable for beginners and people with health issues.
- There's a risk of injuries and burnout because circuit workouts involve performing exercises at a quick pace with little or no rest between them.

# 8-Week Circuit Weight Training to Burn Fat & Shape Physique

This circuit weight training program comprises various exercises, from CrossFit to bodybuilding.

The primary goal of this program is to torch plenty of calories, [maximize weight loss](#), enhance aerobic and anaerobic fitness, and improve body composition.

It will also increase fat-free mass (also known as lean mass) and help you achieve your best shape.

## Here's a brief detail about this weighted circuit training:

- Program Duration: 8 Weeks
- Routine Type: Full Body Circuit Workout
- Sessions/Week: Four
- Duration/Session: 45-60 minutes
- Target Gender: All
- Equipment Needed: Gym Equipment
- Goal: Increase Weight Loss, Improve Body Recomposition, and [Enhance Cardiovascular Fitness](#).
- Best time to work out: Any time of the day that suits you the most

**Warm-up:** Start your workout with 5 minutes of quick warm-up. A warm-up helps increase body temperature and prepares your muscles for strength exercises. Here are some examples:

## Instructions:

- **Rest between exercises:** Try to take no rest if possible. But taking 15-30 seconds of break is fine when you feel out of breath.
- **Rest between rounds:** 90 seconds to 2 minutes.

Warm-up A	Warm-up B
10 Jumping Jacks	10 Squat Jumps
10 Lunge to front kicks	15-sec Inchworm
15-sec Mountain Climbing	15-sec Bear Crawl
5 Burpees	10 Jumping Lunges
5-10 Pushups	5-10 Pushups

Two- Three Rounds	Two- Three Rounds
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You can also do foam rolling before the warm-up exercise.

## Week 1

Monday	Tuesday	Thursday	Fri/Sat
15 Kettlebell Swings	10 Burpees	15 Front Squats	100-meter run
15 DB Thrusters	20 V-Grip Pulldown	15 Incline DB Bench Press	20 Landmine Press (10/arm)
15 Bent-over Row	10 Reverse Crunches	15 T-Bar Row	20 Lunges (10/leg)
50 Double Unders	200-meter run	20 Wood Chop (10/side)	10 Hanging Knee Raise
<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>

## Week 2

Monday	Tuesday	Thursday	Fri/Sat
15 Kettlebell Swings	10 Burpees	15 Back Squat	150-meter run
15 Front Squats	20 V-Grip Pulldown	15 Flat Bench Press	15 Push Press
15 Seated Cable Row	20 Wood Chop (10/side)	5 Pullups/Chinups	20 Step-up (10/leg)
15 Wall Ball Shots	10 Thrusters	12 <a href="#">DB Snatches</a> (6/arm)	10 Reverse Crunch
<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>

## Week 3

Monday	Tuesday	Thursday	Fri/Sat
15 Kettlebell Swings	10 Burpees	15 Rack Pull/Off Blocks Deadlift	200-meter run
15 Front Squats	20 V-Grip Pulldown	15 Incline DB Bench Press	15 Push Press
15 Seated Cable Row	5 Pullups/Chinups	10 Thrusters	20 Step-up (10/leg)
15 Wall Ball Shots	20 Wood Chop (10/side)	15 <a href="#">Kneeling Cable Crunches</a>	10 <a href="#">Oblique Twist</a>
<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>

## Week 4

Monday	Tuesday	Thursday	Fri/Sat
15 Kettlebell Swings	10 Pushups	15 Back Squat	250-meter run
15 Front Squats	20 V-Grip Pulldown	15 Incline DB Bench Press	15 Push Press
15 Seated Cable Row	5 Pullups/Chinup	20 Wood Chop (10/side)	20 Step-up (10/leg)

15 Wall Ball Shots	10 <a href="#">Reverse Cable Crunches</a>	10 Thrusters	10 Oblique Twist
<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>

## Week 5

Monday	Tuesday	Thursday	Fri/Sat
15 Kettlebell Swings	10 <a href="#">Dumbbell Cluster</a>	15 Leg Press/Hack Squat	300-meter run
15 Zercher Squats	10 Rack Pull Deadlift	15 Incline DB Bench Press	15 Push Press
15 Seated Cable Row	20 Wood Chop (10/side)	5 Pullups/Chinups	10 KB/DB RDL
15 Wall Ball Shots	12 Step-up (6/leg)	12 DB Snatches (6/arm)	10 <a href="#">Oblique Twist</a>
<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>

## Week 6

Monday	Tuesday	Thursday	Fri/Sat
15 Kettlebell Swings	10 Burpees	15 Back Squat	350-meter run
15 Front Squats	20 V-Grip Pulldown	15 Incline DB Bench Press	15 Push Press
15 Seated Cable Row	20 Wood Chop (10/side)	5 Pullups/Chinups	20 Step-up (10/leg)
15 Wall Ball Shots	20 <a href="#">KB Clean &amp; Press</a> (10/arm)	50 Double Unders	10 <a href="#">Oblique Twist</a>
<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>

## Week 7

Monday	Tuesday	Thursday	Fri/Sat
15 Kettlebell Swings	10 Burpees	12 DB Snatches (6/arm)	400-meter run
15 Front Squats	20 V-Grip Pulldown	15 Incline DB Bench Press	15 Push Press
15 Seated Cable Row	20 Wood Chop (10/side)	10 Pendlay Row	20 Step-up (10/leg)
15 Wall Ball Shots	10 Thrusters	20 Leg Curls	10 <a href="#">Oblique Twist</a>
<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>

## Week 8

Monday	Tuesday	Thursday	Fri/Sat
15 Kettlebell Swings	10 Burpees	15 Back Squat	450-meter run

15 Front Squats	20 V-Grip Pulldown	15 Incline DB Bench Press	15 Push Press
15 Seated Cable Row	20 Wood Chop (10/side)	5 Pullups/Chinups	20 Step-up (10/leg)
15 Wall Ball Shots	20 KB Clean & Press (10/arm)	50 Double Unders	10 <a href="#">Oblique Twist</a>
<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>	<b>4 to 5 rounds</b>

## Tips for Optimal Results

### 1. Eat more Fiber

Fiber is a type of carbohydrate that your body can't digest, which means it passes through your system relatively unchanged. Including more fiber in your diet can help you feel fuller for longer, which can help you eat less and lose weight. Good sources of fiber include fruits, vegetables, whole grains, and legumes.

### 2. Consume more Lean Protein

Protein is an important nutrient that can help you feel full and satisfied. Including more protein in your diet can help you eat less and lose weight. Good sources of protein include chicken breast, fish, white eggs, and legumes.

### 3. Eat More Slowly

Eating more slowly can help you feel full and satisfied. It takes about 20 minutes for your brain to register that you're full, so taking your time to eat can help you eat less.

### 4. Avoid Processed Foods or Consume less Processed Foods

### 5. Drink Warm Water

Drink warm water, if Possible, especially on empty stomach just after you wake up. You can also add lemon and honey in your first glass of the day.

## **6. Get Proper Sleep**

Sleep and wake up at a fixed time every day, maintain 7-8 hours of sleep. It will not only help you achieve your fitness goal but boost your productivity.

## **7. Intermittent Fasting**

Sometimes you can skip one meal, whether it's breakfast, lunch or dinner.

## **8. Stay consistent and make sustainable changes**

Losing weight quickly is not about quick fixes, but rather about making sustainable changes to your lifestyle that you can maintain in the long run. Stick to your exercise routine and healthy eating habits, and don't be too hard on yourself if you slip up. Remember that losing weight is a journey, and that consistency and patience are key.

## **9. Workout When You Feel Energetic**

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

## **10. Keep yourself hydrated during the workout**

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

### **Recommended Supplements for Speeding up Weight Loss:**

1. [Fat Burn Active](#)
2. [Keto Actives](#)
3. [NuviaLab Keto](#)
4. [Fast Burn Extreme](#)
5. [Nutrigo Lab Burner](#)
6. [Cappuccino MCT Coffee](#)

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