

THE 
CIRCUIT
FACTORY

MOBILE WORKOUT

On the move? then read on friend...



TCF MOBILE WORKOUT

So you have been training your butt off at The Circuit Factory and following The Circuit Factory diet. You have started to see results in both your physical appearance and your physical performance. Because you're Hollywood, every now and then you have to travel.

Trips abroad, whether business or pleasure usually follow exactly the same format. You're doing so well with your exercise and motivation is at an all-time high. You pack your running shoes and promise yourself that you will be keeping fitness levels up and body fat levels down while you are away. Life is good.

You touch down in your destination and immediately do the exact opposite of everything you planned. Exercise doesn't even get a moment's thought. You strengthen the rebellion by shoveling mountains of crap food into your mouth.

With fitness levels back to square one, you return home 3Kgs heavier; you are an absolute disgrace.

The purpose of this document is to provide you with an efficient and effective kick in the ass. Perform this little number as many times as you can while you are away and you may just come back in slightly better shape than when you departed; but we doubt it. Just like The Circuit Factory diet, this exercise plan is as functional as it gets.

ALL YOU NEED IS STOPWATCH AND SOME SPACE.

PICK YOUR LEVEL:

'OUCH' - LEVEL 1.

'THE BEAST' - LEVEL 2.

'SUICIDE' - LEVEL 3.



**PRINT OUT
& KEEP THIS
GUIDE WITH YOU**

If you are new to exercise or consider yourself "quite fit," start off with **Ouch**, I assure you, this is not easy.

When you can complete **Ouch** without stopping too many times, then it's time to progress to **The Monster**.

Beware of **Suicide** - Only the fittest of the fit will be able to complete this workout. I just attempted it and pulled out half way through the lunge / burpee stations (I'm going back in tomorrow). Don't attempt **Suicide** without a bucket.

A few points I would like to add:

If you regularly attend The Circuit Factory, you will be familiar with all these moves, so I won't waste my time explaining them. If you do have any questions, just ask.
The idea is that you perform this workout as quickly as possible, but you must maintain correct form.

- If you cheat the move just to get through the workout, then you are cheating yourself. You increase your risk of injury and you will reduce the results. Keep the correct form and take short breaks rather than half-arsing every move just to rush through this.
- When you have to take breaks, strictly follow the 5-second rule. Count to 5 in your head and then carry on.
- Don't save energy to get to the next exercise. Push yourself until you can do no more, count to 5 and then continue.
- Time the workout. Every time you do it, you should be looking to beat your previous time.
- Don't forget that for physical results to really manifest, you need to get your diet right. The Circuit Factory diet is just what you need and can be found on our Facebook group page.

If you take this workout on, please post up your thoughts, ideas, suggestions and comments on the FB group and fan page – As with everything TCF related, we are always looking to get better at what we do.

'OUCH' - LEVEL 1

Run a mile (1.6K) as fast as you can
(If you can't measure a mile, then run as fast as you can for 8 minutes).

2 minute rest

50 squats plus 400 metre run
(repeated twice with no break)

2 minute rest

50 Lunge walk steps plus 20 burpees with press-ups.
(repeated twice with no break)

2 minute rest

30 half burpees with a press-up
30 jumping squats
30 press-ups
60 hill climber steps

'THE MONSTER' - LEVEL 2

Run a mile (1.6K) as fast as you can

(If you can't measure a mile, then run as fast as you can for 8 minutes).

2 minute break.

50 squats plus 400 metre run

(repeated 3 times with no break)

2 minute break.

50 Lunge walk steps plus 20 burpees with press-ups.

(repeated 3 times with no break)

2 minute break.

30 half burpees with a press-up

30 jumping squats

30 press-ups

60 hill climber steps

(do the above three times, with no breaks)

'SUICIDE' - LEVEL 3

Run a mile (1.6K) as fast as you can

(If you can't measure a mile, then run as fast as you can for 8 minutes).

2 minute break.

50 squats plus 400 metre run

(repeated 5 times with no break)

2 minute break.

50 Lunge walk steps plus 20 burpees with press-ups.

(repeated 5 times with no break)

2 minute break.

30 half burpees with a press-up

30 jumping squats

30 press-ups

60 hill climber steps

(do the above three times, with no breaks)

Finish this, reach for the bucket and
let it all go.
GOOD LUCK....