

# Full-Body Circuit Workout, våren

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## Kursbeskrivning

A circuit workout involves a consecutive series of exercises that are performed with short periods between them. Circuits usually include 10-12 exercises that alternate muscle groups. With limited rest periods, circuit training workouts can help build strength and cardio, leading to muscle growth and fat loss. Yes, you'll feel tired after a workout — but the true end result leaves you feeling great physically and mentally. There are tons of benefits to doing circuit training, these are some of the most important:

A full-body workout,  
Improved strength,  
Improved cardiovascular health,  
Timing and flexibility,  
Unbeatable variety,  
Mood boosting.

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## Kurskod

8301109

## Kursavgift

47,00 €

## Kursspråk

Engelska

## Lärare

Oleksii Bilomistnyi

## Anmälningstid

19.08.2024 08:00 - Non-stop

## Tidpunkt

18.01.2025 - 31.05.2025

## Plats

**Prospect - Tobaksmagasinet - Prospect**  
Jaakonkatu 9, 68600 Jakobstad