

Double Chai Interval Circuit (ChIC)

A full body workout in under 36 minutes!

36 seconds per exercise, 30 seconds of active rest

A JCC Fitness Professional will guide you in our Fit Too Room as you complete a circuit, combining selectorized equipment and active-rest exercises.

Participants will exercise on a selectorized machine for 36 seconds (Double Chai) followed by 30 seconds of active rest (walking in place, using a step, or using a piece of cardio equipment).

The intensity at which you complete the circuit is strictly up to you but for a more HIIT-esque experience you can increase your effort and or weights. Participants will go through the circuit twice and the entire routine should take under 36 minutes.

Enter the circuit at any of the following stations:

- Leg Press Machine
- Hip Abductor/Hip Adductor Machine
- TRX Bench Squat
- Leg Curl Machine
- Leg Extension Machine
- Prone Leg Curl Machine
- Lower Back Extension Machine
- Abdominal Crunch Machine
- Pectoral Fly/Deltoid Fly Machine
- Lat Pulldown Machine
- Shoulder Press Machine
- Chest Press Machine
- Triceps Extension Machine
- Functional Trainer Machine
(Low Row or Shoulder Raise)
- Biceps Curl Machine



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