

Name:.....

Circuit Training Results

Stations	Week 1	Week 2	Week 3	Week 4	Week 5
1 Skipping					
2 Sit Ups					
3 Seated Dips					
4 Star Jumps					
5 Bat and Ball (Best score)					
6 Burpees					
7 Step Ups					
8 Switch Kicks					
9 Shuttle Runs					
10 Press Ups					
11 Hurdle Jump					
12 Sit & Reach					
13 Pull Ups					
14 Low Plank Oblique					
15 Kick Ups (Best score)					
16 Leg Raises (Best score)					