

- Try and complete at least one circuit each week. If you are feeling strong you can repeat your circuit two or three times.
- You can do the circuit more than once a week, and if you do this put your best score in the boxes.
- As the weeks go on and you find the exercises get easier you can challenge yourself by; making the exercise harder (see the station cards), increase the time on each station to 30 seconds and then 40 seconds etc., reduce the amount of rest you have between the circuits by 10/20 seconds.

WEEKS 1/2/3 – Week commencing Monday 23rd March 2020

Activity No.	Activity	Sessio n 1	Sessio n 1	Sessio n 1	Sessio n 1
		Score from 1 st Circuit	Score from 2 nd Circuit	Score from 3 rd Circuit	Total score
1	Shuttles				
2	Press ups				
3	Star Jumps/Jumping Jacks				
4	Burpees				
5	Skipping				
6	Step Ups				

WEEKS 4,5,6 – Week commencing Monday 13th April

[illegible]

WEEK 7,8,9 – Week commencing Monday 4th May 2020

Activity No.	Activity	Sessio n1	Sessio n1	Sessio n1	Sessio n1	Session 1
		Score from 1 st Circuit	Score from 2 nd Circuit	Score from 3 rd Circuit	Total score	Average score
1	Shuttles					
2	Press ups					
3	Star Jumps/Jumping Jacks					
4	Burpees					
5	Skipping					
6	Step Ups					

EVALUATION OF CIRCUIT TRAINING

WEEK	WHAT WENT WELL?	EVEN BETTER IF...	What did you change? Exercise/Time/Rest
1			
2			
3			
4			
5			
6			
7			
8			
9			