

# My Fitness Circuit Record Sheet

Name:		Date / Fitness Week No.:	
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Resting Pulse Rate Attempt 1:	
Resting Pulse Rate Attempt 2:	

Exercise	Attempt 1	Attempt 2	Attempt 3	Exercise	Attempt 1	Attempt 2	Attempt 3
10m Shuttle Run				Tricep Dips			
Sit Ups				Squats			
2 Footed Line Jump				Arm Circles			
Supermans				Burpees			
Wall Push Ups				Bicycle Crunch			
X Country Skier				Calf Raise			

Pulse Rate after Attempt 1:	
Pulse Rate after Attempt 2:	

## Notes:

- Measure heart rate both before and after each attempt at circuit.
- Complete each exercise for 30 seconds, move / rest of 15-30 seconds between stations.
- Record total number of attempts at each station.

# 12. Calf Raise

You should be balanced on the balls of your feet.

This is the starting and ending position of a calf raise. Slowly, rise up on your toes. Your body should make a straight line from your ankles, to your knees, to your hips, to your shoulders. Slowly, lower yourself back down.

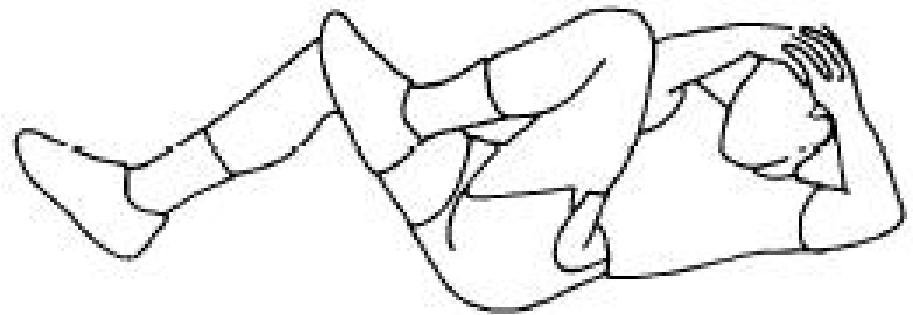
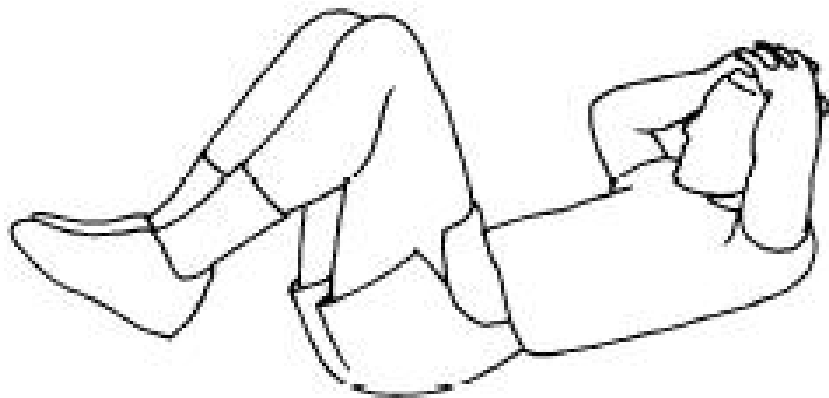
# Calf Raise



# 11. Bicycle Crunch

Start by lying on your back with knees bent, hands behind your heads and legs lifted. Lift your shoulder blades and slowly twist your right elbow towards your left knee as you extend your right leg. Switch to the other side without lowering your shoulders and repeat

# Bicycle Crunch



# 10. Burpees

Start in a standing position with feet close together. Now, squat down and put the palms of your hands outside and slightly forward of your feet. With your weight supported by your hands, thrust your feet backward so that you are in the traditional "push up position" for a standard push up. Immediately pull your feet up to your hands in one movement, and jump back up to the original position.

# Burpees

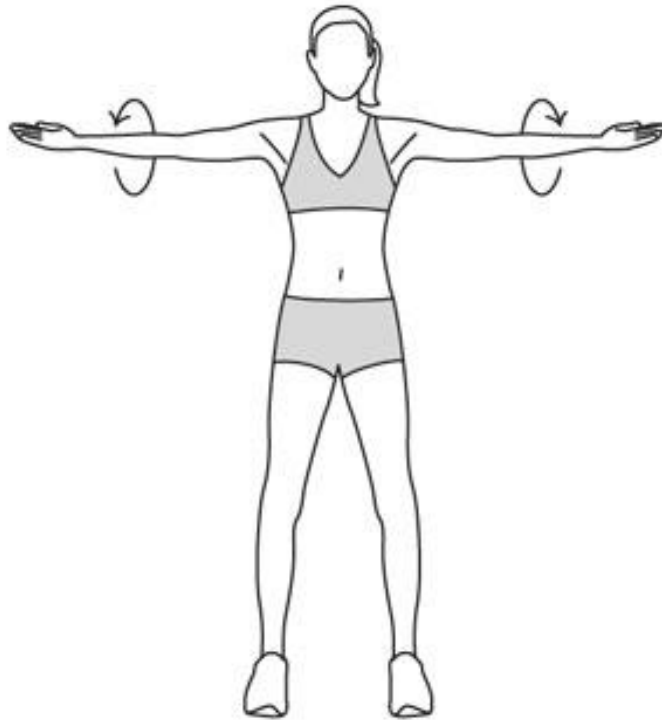


# 9. Arm Circles

Start by standing straight with your feet shoulder width apart. Your arms should be straight out to the sides, so that your body forms a T. Slowly start by making small circular motions with both arms on either side. After a few repetitions of small circles, enlarge your circles and do the same amount of repetitions.



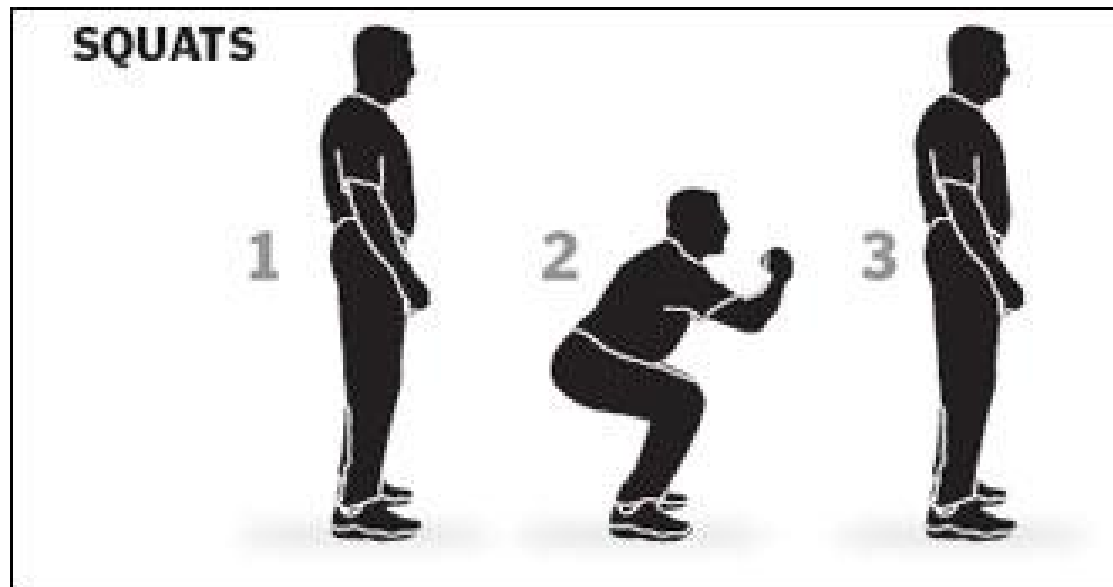
# Arm Circles



# 8. Squats

Feet shoulder width apart and toes forward, stand tall. Bending at the knees and the hips, sit back into the squat. Your knees should be in line with or behind the toes. Lower your hips as far as you can lower without pain. Press back up through the heels, keeping toes in contact with the floor. It is important to keep the chest up throughout the exercise.

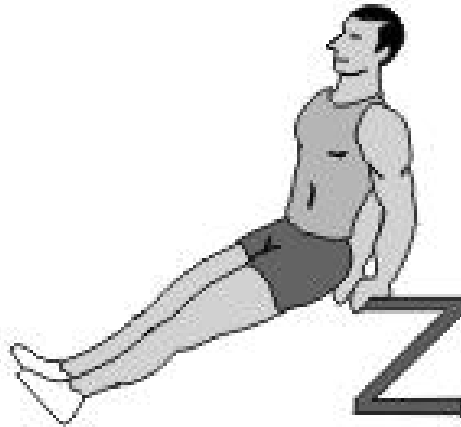
# Squats



# 7. Tricep Dips

- Sit on a bench or chair.
- Begin with the hands next to or slightly under the hips.
- Lift up onto the hands and bring the hips forward.
- Bend the elbows (no lower than 90 degrees) and lower the hips down, keeping them very close to the chair. Keep the shoulders down.
  - Push back up without locking the elbows and repeat

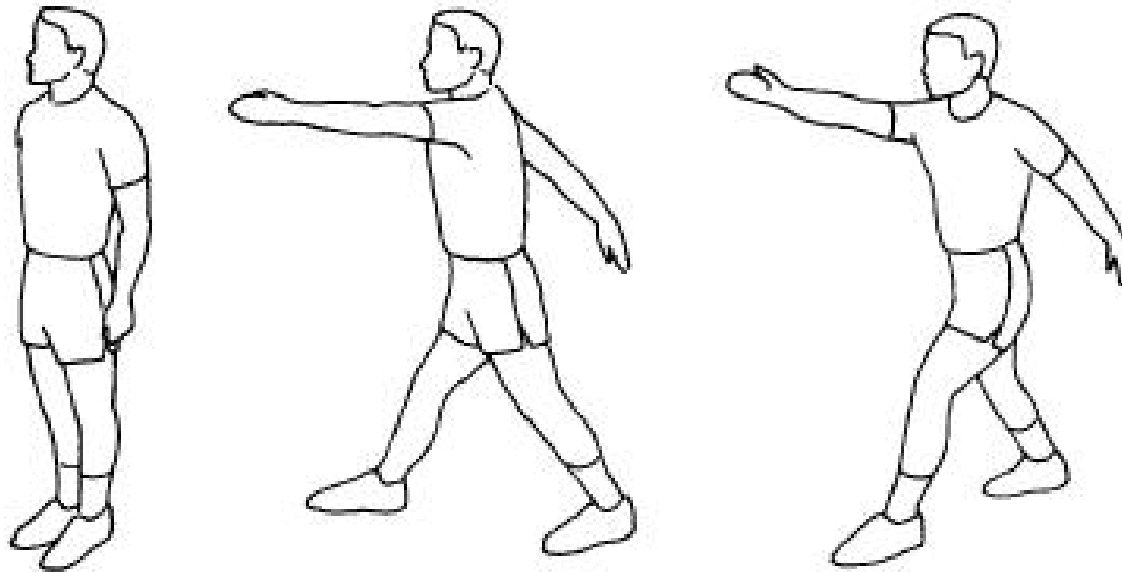
# Tricep Dips



# 6. Cross Country Skier

Start with feet together, arms by side.  
With a jump place one foot in front of body,  
with opposite arm. With another jump, swap  
position of arms and legs.

# Cross Country Skier



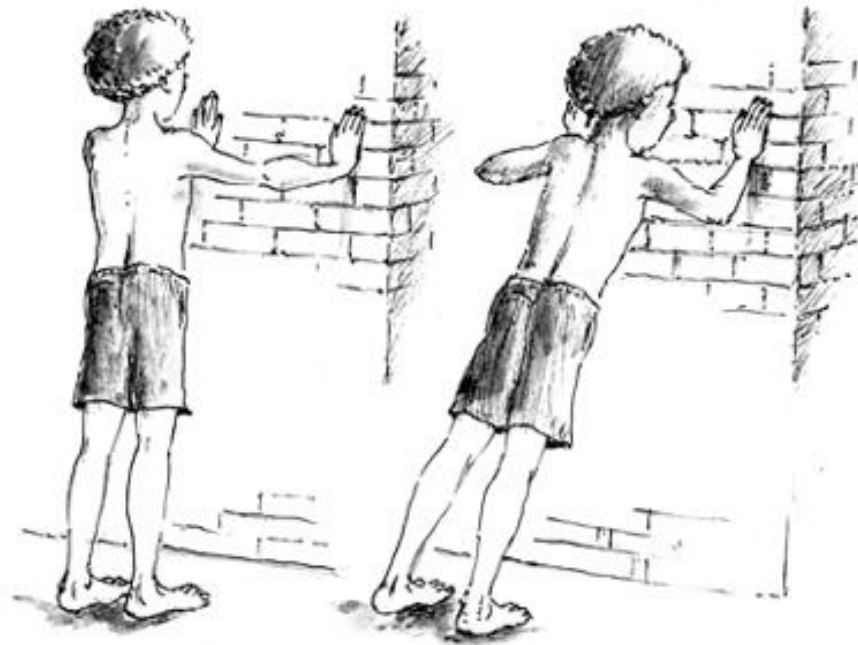
# 5. Wall Push ups

Lean against wall with hands shoulder-width apart, and feet together. Keeping your body straight, slowly lower until your nose touches the wall.

Push back to starting position.



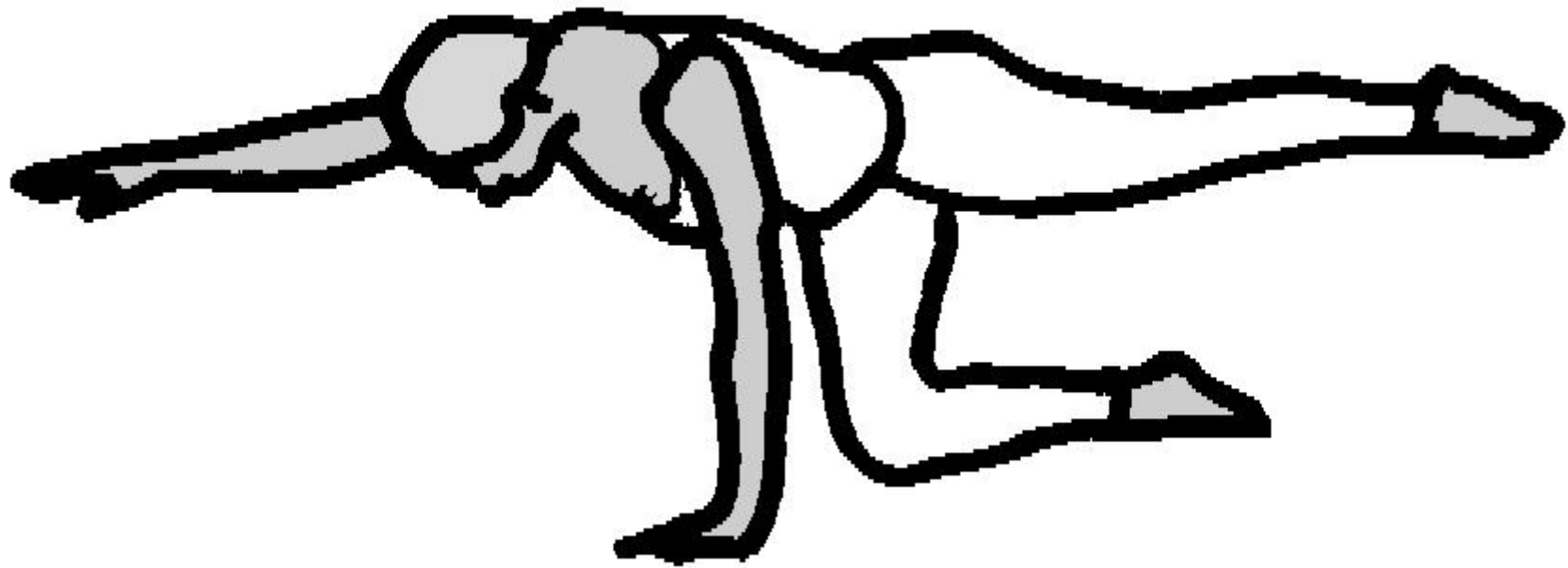
# Wall Push ups



# 4. Superman

Start with your body in the 'crawl position' on your hands and knees. On the whistle stretch your left leg and your right arm. Next stretch your right leg and left arm. Continue, counting each stretch.

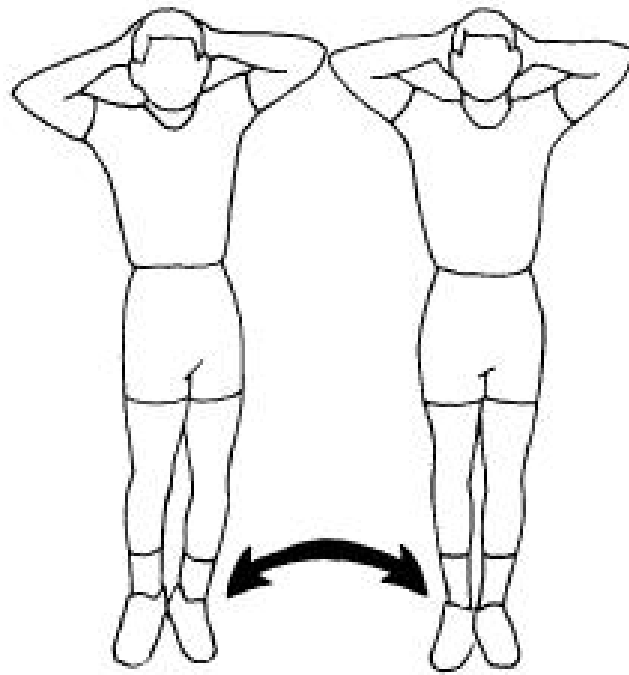
# Superman



# 3. Two Footed Line Jumps

Stand with two feet together next to a line. On the whistle, jump two footed over the line and land with your feet together. Continue, counting each jump.

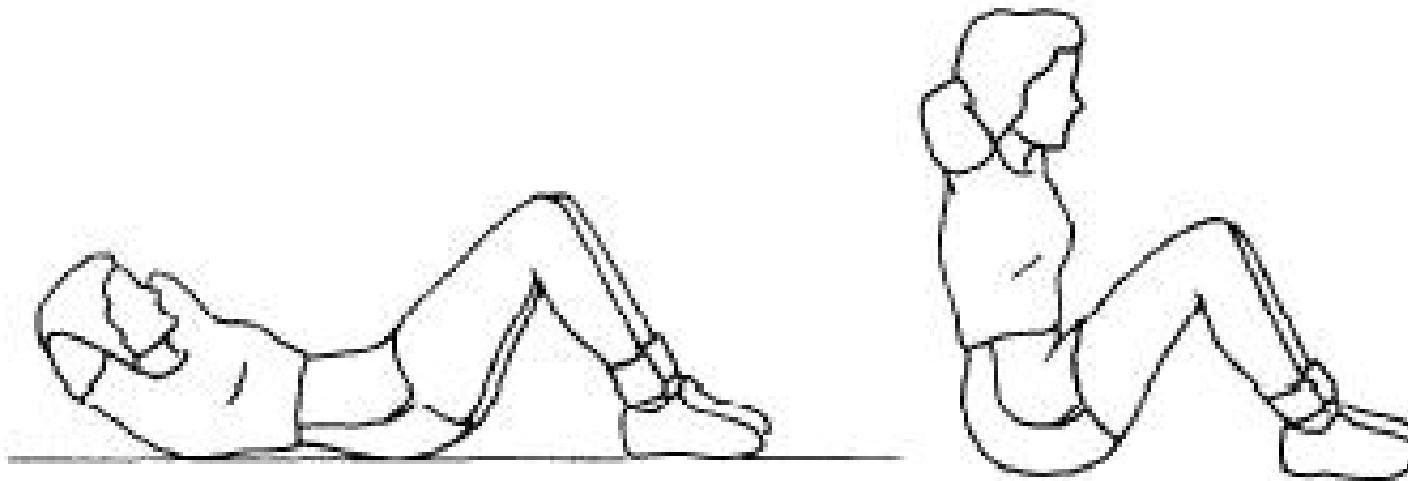
# Two Footed Line Jumps



## 2. Sit Ups

Lie on your back and bring your knees up so your feet are flat on the floor. If needed, ask a partner to hold your feet. Place your hands either on your head or by your side whilst sitting up.

# Sit Ups



# 1. Shuttle Runs

How many complete shuttles of 10m can you complete? One foot must touch the cone. Need quick, sharp turns.



# Shuttle Runs

