First Level. Primary 5. Lesson 1. Support Material: Score Sheets for Circuit Exercises

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |
| --- | --- |
| **Circuit Name/Number** | **Number of Exercises in 1 minute** |
| **Bench Step Ups** |  |
| **Press Ups** |  |
| **Bench Squats** |  |
| **Sit Ups** |  |
| **Bench Jumps** |  |

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |
| --- | --- |
| **Circuit Name/Number** | **Number of Exercises in 1 minute** |
| **Bench Step Ups** |  |
| **Press Ups** |  |
| **Bench Squats** |  |
| **Sit Ups** |  |
| **Bench Jumps** |  |