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

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

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

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

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