

Physical Education - Health related exercise: personal fitness

## **How can training be personalised?**

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# Create and complete a circuit

Plan and complete a circuit training session to meet your goals.

- You can modify your training how ever you choose.
- Repeat the circuit as many times as you choose.
- Consider you rest periods.

Station	Reps/time	Exercise
1		
2		
3		
4		
5		
6		

