7th Period Circuit **Name** _____ **Teacher** _____

	Date:																	
	Exercise	**Tm**	**Wt**	**Reps**	**Tm**	**Wt**	**Reps**	**Tm**	**Wt**	**Reps**	**Tm**	**Wt**	**Reps**	**Tm**	**Wt**	**Reps**	**Tm**	**Wt**	**Reps**
1	chest press																		
2	Squat																		
3	Ab. Tw-ball/wt																		
4	P-up, rotate																		
5	Shldr Press																		
6	LatSideSt-bnd																		
7	Ab-Oblq Tw.																		
8	Plank-f,s,shldr																		
9	Bicep curl																		
10	Step-ups																		
11	Pilates 100																		
12	Neg. P-ups																		
13	Tricep Extn																		
14	Dead Lift																		
15	Straddle beats																		
16	Ball, roll-out																		
17	Lat. Raises																		
18	Calf Raise																		
19	Ab cr w/ throw																		
20	Plyo-sq-thr-ju																		