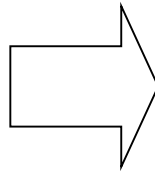
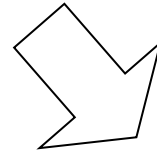


My Circuit Design

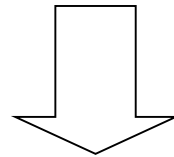
Station 1 _____
Body area _____



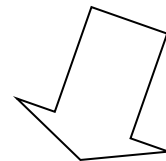
Station 2 _____
Body area _____



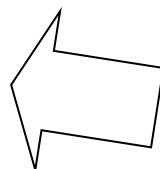
Station 3 _____
Body area _____



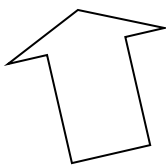
Station 4 _____
Body area _____



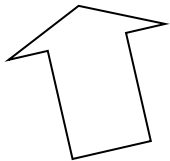
Station 5 _____
Body area _____



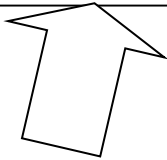
Station 6 _____
Body area _____



Station 7 _____
Body area _____



Station 8 _____
Body area _____



Make sure you have 1 rest station.

Know what area of the body the exercise is working.

Think about alternating high and low intensity exercises.