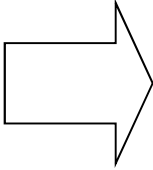
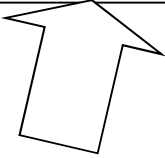
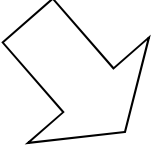
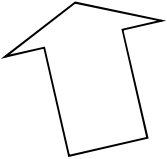
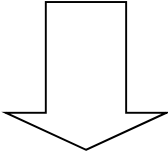
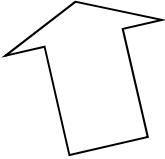
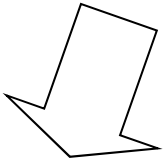
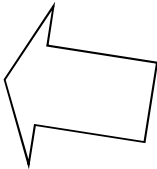


My Circuit Design

Station 1 _____ Body area _____		Station 2 _____ Body area _____
	Make sure you rest in between each exercise. Know which area of the body is working. Think about which sport each exercise would be good for.	
Station 8 _____ Body area _____		Station 3 _____ Body area _____
		
Station 7 _____ Body area _____		Station 4 _____ Body area _____
		
Station 6 _____ Body area _____		Station 5 _____ Body area _____