#TriAtHome

Circuit Score Sheet

TRIATHLON TRUST

Record how many of each exercise you can complete in 30 seconds for weeks 1 - 3, 45 seconds for weeks 4 - 6 and 60 seconds for weeks 7 - 9.

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Jumping Jacks									
Spotty Dogs									
Walk Outs									
Squat Jumps									
Plank Shoulder Taps									