

<u>Circuit Station</u>	<u>Week 1</u> <u>Number of circuits:</u> <u>Time worked:</u> <u>Time rested:</u>	<u>Week 2</u> <u>Number of circuits:</u> <u>Time worked:</u> <u>Time rested:</u>	<u>Week 3</u> <u>Number of circuits:</u> <u>Time worked:</u> <u>Time rested:</u>	<u>Week 4</u> <u>Number of circuits:</u> <u>Time worked:</u> <u>Time rested:</u>	<u>Week 5</u> <u>Number of circuits:</u> <u>Time worked:</u> <u>Time rested:</u>	<u>Week 6</u> <u>Number of circuits:</u> <u>Time worked:</u> <u>Time rested:</u>

Unit 12: Planning own fitness programme