

Product Fitness Record Sheet

Name _____

Date _____

Directions: Write down the answers from your Circuit Card in the appropriate spot on this sheet (Do not write on the circuit card). If the answer is a decimal, round it to the nearest ones place. Do the listed exercise the same number of times as your answer (or rounded answer). **Use the back of the worksheet to show your work.**

Circuit A

#	Answer	Rounded Answer	Exercise
1.			push ups
2.			cross crawls
3.			curl ups
4.			lunges
5.			jumping jacks

Circuit B

#	Answer	Rounded Answer	Exercise
1.			windmills
2.			chair dips
3.			heel raises
4.			squats
5.			arm circles

Circuit C

#	Answer	Rounded Answer	Exercise
1.			jog in place
2.			push ups
3.			cross crawls
4.			scissor kicks
5.			chair dips

Circuit D

#	Answer	Rounded Answer	Exercise
1.			shoulder rolls
2.			windmills
3.			curl ups
4.			lunges
5.			jumping jacks

If you finish early, check your answers with a friend.