

PMP Circuit Training Record Sheet

NAME:

Record the number of repetitions achieved for each exercise

EXERCISES		Session					
		1	2	3	4	5	6
1.Bridging	Beginners: Arms by side						
	Advanced: Arms over head						
2.Standing Balance	Beginners: Feet together						
	Intermediate: Heel-Toe						
	Advanced: Single leg						
3.Sit to stand	Beginners: High chair						
	Advanced: Low chair						
4.Push up	Beginners: Wall						
	Intermediate: Knees						
	Advanced: Feet						
5.Step up	Beginners: Low step						
	Advanced: High step						
6.Calf raise	Beginners: Both						
	Advanced: Single leg						
7.Abdominals	Beginners: Knee lifts						
	Advanced: Trunk curl						
8.Side steps	Beginners: Arms by side						
	Intermediate: Star steps						
	Advanced: Star jumps						
9.Walk along a line	Beginners: Look ahead						
	Advanced: Turn head						