

## 3.2 Bodyweight Training: Create Your Own Circuit

### Exercise Selection

Choose 4 exercises for your circuit, including at least one for each:

- Upper body: \_\_\_\_\_
- Lower body: \_\_\_\_\_
- Core: \_\_\_\_\_
- Your choice: \_\_\_\_\_

### Circuit Structure

Exercise	Duration	Rest Period	Modification (if needed)
1.			
2.			
3.			
4.			