



Circuit Training test

14-Dec-10	Press up	Squats	Dips	Burpees	Split Squats	Squat thrusts
Arren Grant	28	58	39	24	46	51
Chris Froes	64	45	50	27	50	50
Darren Ingram	63	62	52	33	107	81
David Gallimore	51	50	44	22	108	66
Dean Punshon	57	52	54	31	57	53
Jake Shackelford	30	59	60	36	105	69
Jason M	44	70	51	38	60	47
Jill Carlin	42	55	43	26	80	49
Mary Andrews	36	50	50	10	32	40
Nick Riding	61	72	63	31	122	85
Sian Grant	34	44	52	24	72	70
Steve Hibbert	60	60	65	24	100	66
Steve Martin	27	54	40	28	86	52
Stuart Davidson	57	78	59	36	80	83
Tony White	27	57	39	18	49	49

1 minute maximum effort at each exercise station
with as many repetitions as possible