












Circuit Card WO 1.pdf
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Work Out 1

Exercise	Green	Amber	Red
Squat	Sit to stand Taking your time 	Squat with chair support 	Image + Description Squat 
Bicep Curl	Seated No weights 	Seated Light Weights 	Standing Light Weights 
Balance	Two feet close stand 	Tandem stand 	Single leg standing 
		Standing low arms	Standing high arms