

# Workout Log

# HIIT

DATE:

Intervals:

Equipment needed: \_\_\_\_\_

\_\_\_\_\_ & \_\_\_\_\_ X \_\_\_\_\_  
rest work # of intervals

| exercise | weight | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----------|--------|---|---|---|---|---|---|---|---|---|----|
| 1.       |        |   |   |   |   |   |   |   |   |   |    |
| 2.       |        |   |   |   |   |   |   |   |   |   |    |
| 3.       |        |   |   |   |   |   |   |   |   |   |    |
| 4.       |        |   |   |   |   |   |   |   |   |   |    |
| 5.       |        |   |   |   |   |   |   |   |   |   |    |
| 6.       |        |   |   |   |   |   |   |   |   |   |    |
| 7.       |        |   |   |   |   |   |   |   |   |   |    |
| 8.       |        |   |   |   |   |   |   |   |   |   |    |
| 9.       |        |   |   |   |   |   |   |   |   |   |    |
| 10.      |        |   |   |   |   |   |   |   |   |   |    |
| 11.      |        |   |   |   |   |   |   |   |   |   |    |
| 12.      |        |   |   |   |   |   |   |   |   |   |    |

Difficulty: 1 2 3 4 5

Notes:

---

---

---

---

# Workout Log

## CIRCUIT WITH PARTS

DATE:

Equipment needed: \_\_\_\_\_

# of rounds: \_\_\_\_\_

| exercise | weight | # reps |
|----------|--------|--------|
| 1.       |        |        |
| 2.       |        |        |
| 3.       |        |        |
| 4.       |        |        |
| 5.       |        |        |
| 6.       |        |        |
| 7.       |        |        |
| 8.       |        |        |

Time: \_\_\_\_\_

# of rounds: \_\_\_\_\_

| exercise | weight | # reps |
|----------|--------|--------|
| 1.       |        |        |
| 2.       |        |        |
| 3.       |        |        |
| 4.       |        |        |
| 5.       |        |        |
| 6.       |        |        |
| 7.       |        |        |
| 8.       |        |        |

Time: \_\_\_\_\_

# of rounds: \_\_\_\_\_

| exercise | weight | # reps |
|----------|--------|--------|
| 1.       |        |        |
| 2.       |        |        |
| 3.       |        |        |
| 4.       |        |        |
| 5.       |        |        |
| 6.       |        |        |
| 7.       |        |        |
| 8.       |        |        |

Time: \_\_\_\_\_

# of rounds: \_\_\_\_\_

| exercise | weight | # reps |
|----------|--------|--------|
| 1.       |        |        |
| 2.       |        |        |
| 3.       |        |        |
| 4.       |        |        |
| 5.       |        |        |
| 6.       |        |        |
| 7.       |        |        |
| 8.       |        |        |

Time: \_\_\_\_\_

Difficulty:    1            2            3            4            5

Notes: \_\_\_\_\_

# Workout Log

# CIRCUIT

DATE:

Equipment needed: \_\_\_\_\_

# of rounds: \_\_\_\_\_

| exercise | weight | # reps | notes |
|----------|--------|--------|-------|
| 1.       |        |        |       |
| 2.       |        |        |       |
| 3.       |        |        |       |
| 4.       |        |        |       |
| 5.       |        |        |       |
| 6.       |        |        |       |
| 7.       |        |        |       |
| 8.       |        |        |       |
| 9.       |        |        |       |
| 10.      |        |        |       |
| 11.      |        |        |       |
| 12.      |        |        |       |

Time: \_\_\_\_\_

Difficulty:    1        2        3        4        5

Notes:

---

---

---