

FORM 9: CIRCUIT TRAINING LOG

Use the following charts to record your workouts. This form can be photocopied or downloaded from www.thehollywoodtrainer.com. Take your time to execute each exercise with good form and technique.

Keep the following question in mind to ensure that you are achieving maximum results:

Did I feel challenged?

To increase challenge, you can:

1. Increase the number of reps.
2. Increase the weight.
3. Move quickly from one exercise to the next without taking a break.
4. Focus on your form and make sure you are recruiting the right muscles to execute the movement.

Notes:

CHEST, TRI'S, AND BOOTY CIRCUIT

Date:

Circuit Level (1-5):

Start Time:

	1st Set		2nd Set		1st Set		2nd Set	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
PUSH-UP (MODIFIED OR FULL)								
BACK KICKS								
CRUNCHES								
CHEST FLYS								
REVERSE LUNGES								
REPEATER KNEES	CARDIO							
OVERHEAD PRESSES								
SQUATS								
ALTERNATING KNEE-UPS	CARDIO							
OVERHEAD TRICEPS EXTENSIONS								
SINGLE LEG REACHES								
STANDING OBLIQUE CRUNCHES	CARDIO							
TRICEPS KICKBACKS								
SINGLE LEG SQUATS								
CROSS TORSO REPEATER KNEE	CARDIO							
TIME TO COMPLETE SET								
DID YOU DO ANY DROP SETS?								

Time to complete both sets:

BACK, BI'S, AND THIGHS CIRCUIT

Date:

Circuit Level (1-5):

Start Time:

	1st Set		2nd Set		1st Set		2nd Set	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
BACK FLYS								
PLIÉ SQUATS								
ALTERNATING KNEE-UPS	CARDIO							
BACK ROWS								
STATIONARY LUNGES								
LATERAL SIDE SHUFFLES	CARDIO							
UPRIGHT ROWS								
OUTER THIGH LEG LIFTS								
TOUCH HEEL REPEATER KNEES	CARDIO							
BICEP CURLS								
INNER THIGH								
STANDING OBLIQUE CRUNCHES	CARDIO							
EXTERNAL ROTATION AND REACH (SHOULDERS AND BACK)								
CROSS TORSO REPEATER KNEES	CARDIO							
LEG SCISSORS	NO WEIGHT							
TIME TO COMPLETE SET								
DID YOU DO ANY DROP SETS?								

Time to complete both sets: