

# CIRCUIT TRAINING TRACKER

REPETITION LOG

DATE:

DURATION:

INTENSITY (1-10):

EXERCISE NAME	ROUND 1 (REPS)	ROUND 2 (REPS)	ROUND 3 (REPS)	WEIGHT / NOTES
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1.

2.

3.

4.

5.

6.

7.

8.

WORKOUT REFLECTIONS / POST-CIRCUIT RECOVERY NOTES: