

HIIT REPETITION LOG

SESSION INTENSITY TRACKING

DATE: ___ / ___ / ___

ROUND	EXERCISE	REPS / GOAL	WORK / REST	COMPLETED
01	_____	___ / ___	45s / 15s	
02	_____	___ / ___	45s / 15s	
03	_____	___ / ___	45s / 15s	
04	_____	___ / ___	45s / 15s	
05	_____	___ / ___	45s / 15s	
06	_____	___ / ___	45s / 15s	
07	_____	___ / ___	45s / 15s	

ROUND	EXERCISE	REPS / GOAL	WORK / REST	COMPLETED
08	_____	____/ ____	45s / 15s	

TOTAL DURATION _____
 AVERAGE HEART RATE _____
 RPE (SCALE 1-10) _____