



Noah Siegel's Workout Log - Bodybuilding.com

Example Cardio Circuit

DAY: _____ DATE: _____ TIME: _____ am/pm

CARDIO TODAY? YES NO _____ EXERCISE _____ DURATION _____

LENGTH OF WORKOUT: _____ WEIGHT: _____ LOCATION: _____

MOOD WHEN STARTING:

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Burpees: 20 reps				
Box Jumps: 20 reps				
Air Squats: 30 reps				
Bear Crawl: length of gym				
Crab Walk: length of the gym				
Rope Drills (waves, slams, etc.): 4 sets of 30 seconds				
Agility Ladder Drills: 4 sets				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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