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The Circuit Workout

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
Dumbbell Side Bends: 1 Set Of 10 Reps For Each	
Swiss Ball Crunches: 1 Set Of 25 Reps	
Russian Twist: 1 Set Of 15 Reps For Each Side	
Weighted V-Ups: 1 Set Of 15 Reps	
Standing Medicine Ball Twists: 1 Set Of 10 Reps For Each Side	
Side Abdominal Bridge: 1 Set Of 30 Seconds For Each Side	

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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