



## Colton Leonard's Workout Log - Bodybuilding.com

### Fat-Loss Sled 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	Set #5
Repeat circuit 5 times.					
Bear crawls: 10-30 seconds all out					
Backward drag: 10-30 seconds all out					
Sled drag: 10-30 seconds all out					
Sled push: 10-30 seconds all out					
Rest 2-3 minutes between rounds.					

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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