

Date:  Total Workout Time:  Body Weight:

1 Set

Run - 1 Set

Target: 1.0 miles  
Actual:   
Time/Rest/Notes:

Circuit - 5 Sets

Burpees - 5 Sets

Target: 5 reps 5 reps 5 reps 5 reps 5 reps  
Actual:   
Time/Rest/Notes:

Toes to Bar - 5 Sets

Target: 10 reps 10 reps 10 reps 10 reps 10 reps  
Actual:   
Time/Rest/Notes:

Hanging Leg Raises - 5 Sets

Target: 10 reps 10 reps 10 reps 10 reps 10 reps  
Actual:   
Time/Rest/Notes:

Superset - 5 Sets

Crunches - 5 Sets

Target: 20 reps 20 reps 20 reps 20 reps 20 reps  
Actual:   
Time/Rest/Notes:

Medicine Ball Twists - 5 Sets

Target: 20 reps 20 reps 20 reps 20 reps 20 reps  
Actual:   
Time/Rest/Notes: