

DATE \_\_\_\_\_ WK# \_\_\_\_\_ START TIME \_\_\_\_\_ FINISH TIME \_\_\_\_\_

FIT CIRCUIT	EXERCISE	TiL	CIRCUIT 1		CIRCUIT 2		CIRCUIT 3	
			WEIGHT/REP	AiL	WEIGHT/REP	AiL	WEIGHT/REP	AiL
1	Dumbbell Bench Press	3	/		/		/	
2	One-Arm Dumbbell Row	3	/		/		/	
3	Dumbbell Side Raises	3	/		/		/	
4	Lying Dumbbell Triceps Extensions	4	/		/		/	
5	Biceps Curls	4	/		/		/	
6	Sidestep Lunges	4	/		/		/	

No rest between each exercise. 2-3 minute recovery between circuits. 3rd set is optional.

FIT STRETCH	EXERCISE	TARGET DURATION	ACTUAL DURATION
2	Lunge (each side)	30-60 Seconds	
3	Fly Stretch (each side)	30-60 Seconds	
4	Twists (each side)	30-60 Seconds	
5	Seal Stretch	30-60 Seconds	
6	Cat Stretch	30-60 Seconds	

POST WORKOUT

1 RECORD

2 PROJECT

3 REFLECT


|TiL| = TARGET INTENSITY LEVEL |AiL| = ACTUAL INTENSITY LEVEL