**CIRCUIT TRAINING SESSION 4.**

|  |  |
| --- | --- |
| DATE: |  |
| WORK/REST PERIOD: |  |
| RESTING HEART RATE: |  |
| WARM UP: |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Activity** | **Reps 1** | **Pulse 1** | **Reps 2** | **Pulse 2** | **Comments/Progression** |
| **1** |  |  |  |  |  |  |
| **2** |  |  |  |  |  |  |
| **3** |  |  |  |  |  |  |
| **4** |  |  |  |  |  |  |
| **5** |  |  |  |  |  |  |
| **6** |  |  |  |  |  |  |
| **7** |  |  |  |  |  |  |
| **8** |  |  |  |  |  |  |
| **9** |  |  |  |  |  |  |
| **10** |  |  |  |  |  |  |

RECOVERY.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Time (m)** | **0** | **1** | **2** | **3** | **4** | **5** |
| **Pulse** |  |  |  |  |  |  |

|  |
| --- |
| COOL DOWN: |

|  |
| --- |
| EVALUATION OF SESSION: |