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HIIT workout tracker



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HIIT SESSION

workout tracker

Session overview

Date: ____ Duration: ____mins Level:
beginner/intermediate/hard
Work interval: ____secs Rest interval: ____secs
Rounds: ____
Total work time: ____mins Calories (estimate):

How I felt (1–10): ____ Would repeat: yes /
modified

Exercise list

Exercise 1: _____ Rounds
completed: ____
Exercise 2: _____ Rounds
completed: ____
Exercise 3: _____ Rounds
completed: ____
Exercise 4: _____ Rounds
completed: ____
Exercise 5: _____ Rounds
completed: ____
Exercise 6: _____ Rounds
completed: ____

Weekly HIIT sessions

Session 1: Date ____ Duration ____ Intensity
____/10
Session 2: Date ____ Duration ____ Intensity
____/10
Session 3: Date ____ Duration ____ Intensity
____/10
Weekly notes: _____

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