# HOME WORKOUT CIRCUIT & HIIT REPETITION TRACKER

**INTERVALS, TABATA & AMRAP REPS LEDGER**

**ATHLETE: _____ DATE: _____/_____/20____ FORMAT: [ ] HIIT [ ] Tabata [ ] AMRAP [ ] EMOM ROUNDS: _____**

**INTERVAL TIMING: Work: _____ Sec | Rest: _____ Sec | Total Workout Duration: _____ MIN | TARGET RPE: _____ / 10**

| CIRCUIT EXERCISE / MOVEMENT | TARGET REPS / TIM | ROUND 1 | ROUND 2 | ROUND 3 | ROUND 4 | ROUND 5 | TOTAL REPS |
|---|---|---|---|---|---|---|---|
| **1. Burpees & Tuck Jumps** | 45s Work / Max | | | | | | |
| **2. Push-Ups (Standard / Incline)** | 45s Work / Max | | | | | | |
| **3. Jump Squats / Air Squats** | 45s Work / Max | | | | | | |
| **4. Mountain Climbers** | 45s Work / Max | | | | | | |
| **5. Kettlebell Swings / Dumbbell Snatch** | 45s Work / Max | | | | | | |
| **6. High Plank Hold / Shoulder Taps** | 45s Work / Max | | | | | | |
| **7. Alternating Jump Lunges** | 45s Work / Max | | | | | | |
| **8. High Knees / Sprint in Place** | 45s Work / Max | | | | | | |
| **TOTAL ROUND REPETITIONS:** | | | | | | | **TOTAL** |

**METABOLIC CONDITIONING & POST-WORKOUT METRICS:**

TOTAL CIRCUIT REPS: _____ REPS PEAK HEART RATE: _____ BPM CALORIES BURNED (EST): _____ KCAL

Workout Mastery & Sweat Score: (1) (2) (3) (4) (5) / 5 | Hydration Recovered: [ ] 24+ oz consumed