

This is a Quick Reference Guide from Weight Lifting Complete.

You can get access to more helpful guides at the website.

Hint: This is to keep track of all the cardio you do.

Cardiovascular Exercise Log Sheet

| # | Date | Day of the Week | Time | Activity | Duration | Calories Burned | Avg Heart Rate |
|----|------|-----------------|------|----------|----------|-----------------|----------------|
| 1 | | | | | | | |
| 2 | | | | | | | |
| 3 | | | | | | | |
| 4 | | | | | | | |
| 5 | | | | | | | |
| 6 | | | | | | | |
| 7 | | | | | | | |
| 8 | | | | | | | |
| 9 | | | | | | | |
| 10 | | | | | | | |
| 11 | | | | | | | |
| 12 | | | | | | | |
| 13 | | | | | | | |
| 14 | | | | | | | |
| 15 | | | | | | | |
| 16 | | | | | | | |
| 17 | | | | | | | |
| 18 | | | | | | | |
| 19 | | | | | | | |
| 20 | | | | | | | |
| 21 | | | | | | | |
| 22 | | | | | | | |
| 23 | | | | | | | |
| 24 | | | | | | | |
| 25 | | | | | | | |
| 26 | | | | | | | |
| 27 | | | | | | | |
| 28 | | | | | | | |
| 29 | | | | | | | |
| 30 | | | | | | | |

Tip: Use a Heart Rate Watch to measure progress consistently between different activities.

Different Cardio Workouts

Example Workout and Workout Log

| # | Activity | Duration | Target | WO1 | WO2 | WO3 | WO4 | WO5 | WO6 |
|---|---------------|----------|-------------|-------------|-------------|------------|-----|-------------|--------------|
| 1 | Jump Rope | 15 min | 50 reps | 3 | 3 | 3, 12 reps | 4 | 4 | 4 |
| 2 | Sled Dragging | 15 min | 2x100 yards | 3 | 3 | 3 | 3 | 3, 40 yards | 3, 150 yards |
| 3 | Cycling | 15 min | 200 cycles | 3 | 3 | 3 | 3 | 3 | 3 |
| 4 | Running Hills | 15 min | 3 reps | 2, 2.5 reps | 3 | 3 | 3 | 3 | 3 |
| 5 | Farmers Walk | 15 min | 2x100 yards | 2 | 2, 75 yards | 3 | 3 | 3 | 3 |

Explanation:

In the example above, you will see that I chose 5 different activities. You simply cycle through those 5 activities. You reach your target and then you move onto the next exercise.

For example, you would perform jump rope as fast as you can until you get 50 reps. You would then move onto the sled dragging and pull the sled down the field 100 yards and then back 100 yards. Then move onto cycling for 200 cycles. And so on.

The “WO1” column means Workout #1. You can see that we made it through 3 cycles of jump rope, 3 cycles of sled dragging, 3 cycles of cycling, 2 cycles of running hills, and 2 cycles of farmers walk. We ended on running hills. We almost got 3 reps, but we ended the 15 minute duration of the workout halfway up the hill on the 3rd rep.

You simply record how many cycles of each exercise you got each workout followed by where you ended each workout. Your goal is to beat that the next workout.

The cardio log on the previous page keeps track of every workout you do. You should always wear a heart rate watch so you can see how you are progressing in terms of calories burned and average heart rate. A heart rate watch ensures you are measuring consistently between different activities.

On the next page, you can design your own workouts.

Different Cardio Workouts

Create Your Own Cardio Workouts

| # | Activity | Duration | Target | WO1 | WO2 | WO3 | WO4 | WO5 | WO6 |
|---|----------|----------|--------|-----|-----|-----|-----|-----|-----|
| 1 | | | | | | | | | |
| 2 | | | | | | | | | |
| 3 | | | | | | | | | |
| 4 | | | | | | | | | |
| 5 | | | | | | | | | |

| # | Activity | Duration | Target | WO1 | WO2 | WO3 | WO4 | WO5 | WO6 |
|---|----------|----------|--------|-----|-----|-----|-----|-----|-----|
| 1 | | | | | | | | | |
| 2 | | | | | | | | | |
| 3 | | | | | | | | | |
| 4 | | | | | | | | | |
| 5 | | | | | | | | | |

| # | Activity | Duration | Target | WO1 | WO2 | WO3 | WO4 | WO5 | WO6 |
|---|----------|----------|--------|-----|-----|-----|-----|-----|-----|
| 1 | | | | | | | | | |
| 2 | | | | | | | | | |
| 3 | | | | | | | | | |
| 4 | | | | | | | | | |
| 5 | | | | | | | | | |

| # | Activity | Duration | Target | WO1 | WO2 | WO3 | WO4 | WO5 | WO6 |
|---|----------|----------|--------|-----|-----|-----|-----|-----|-----|
| 1 | | | | | | | | | |
| 2 | | | | | | | | | |
| 3 | | | | | | | | | |
| 4 | | | | | | | | | |
| 5 | | | | | | | | | |