

## 3.3 Create Your Own Cardio Circuit

### Exercise Selection

Choose 3-4 exercises from the ones you've learned for your personal cardio circuit:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Name your workout: \_\_\_\_\_

How many rounds will you complete? \_\_\_\_\_

Rest between rounds (seconds): \_\_\_\_\_

**Remember:** Start with a proper warm-up and end with a cool-down stretch!

### Circuit Structure

Exercise	Duration (seconds)	Rest Period (seconds)	Modification (easier/harder)
1.			
2.			
3.			
4.			

### Tracking Progress

Date	Rounds Completed	How I Felt	What I'll Change Next Time