

ACE Workout Builder

Client name: _____ Date: _____ Age: _____

Goals: _____

Experience level: _____

Number of circuits/workout: _____ Time/repetitions per exercise: _____ Cardio duration: _____

Equipment preferences/availability: _____

Workout duration: _____ Workouts/week: _____

Notes:

continued on next page

Gym-based Circuit Training

Exercise list:

| Upper Body | Lower Body | Torso | Cardio |
|------------|------------|-------|--------|
| | | | |
| | | | |
| | | | |

At-home Circuit Training

Exercise list:

| Upper Body | Lower Body | Torso | Cardio |
|------------|------------|-------|--------|
| | | | |
| | | | |
| | | | |

Circuit Training Workout Template

In this template, fill in the time to be spent in each interval, two resistance exercise options and multiple options for cardiorespiratory exercise based on equipment availability/preference. To complete one full circuit, the client performs a lower-body exercise, cardio, an upper-body exercise and so on until they have performed all six exercises and six rounds of cardio.

| | Exercise 1 Upper Body | Exercise 2 Lower Body | Exercise 3 Torso | Exercise 4 Upper Body | Exercise 5 Lower Body | Exercise 6 Torso |
|--------------------------------|--------------------------|--------------------------|---------------------|--------------------------|--------------------------|---------------------|
| Resistance Duration: | or | or | or | or | or | or |
| Cardio Duration: | Choose 1 | Choose 1 | Choose 1 | Choose 1 | Choose 1 | Choose 1 |