

Circuit Training Log

Choose 2-5 different sections either in the same piece or in different pieces of music. Switch from section to section using a set amount of time.

EX: START // 3 min- section 1 // 3 min- section 2 // 3 min- section 3 // 3 min- section 1 // 3 min- section 2 // 3 min- section 3 // END

<i>Section</i>	<i>Good</i>	<i>Bad</i>	<i>Next time</i>