



## WeBeFit.com Interval Cardio Log

Name: \_\_\_\_\_

Exercise Mode	Day	Interval 1	Interval 2	Interval 3	Interval 4	Interval 5	Interval 6	Interval 7	Interval 8	Interval 9	Interval 10
Speed/Elevation		T- Work/HR	T- Work/HR	T- Work/HR	T- Work/HR	T- Work/HR	T- Work/HR	T- Work/HR	T- Work/HR	T- Work/HR	T- Work/HR
	Date	T- Rest/HR	T- Rest/HR	T- Rest/HR	T- Rest/HR	T- Rest/HR	T- Rest/HR	T- Rest/HR	T- Rest/HR	T- Rest/HR	T- Rest/HR
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**DO NOT CONTINUE** if you experience: Chest Pain, Cramping, Dizziness, Excess Sweating, Extreme Soreness, Joint Pain, Nausea or Rapid Pulse.

Level = Speed, Elevation, Level or any other machine setting. (This is here in case you increase or decrease resistance during your workout.)

T-Work = Time exercising (working) in interval ie: 30 seconds, 60 seconds, etc.

HR = Heart Rate Reading at the end of work interval.

T-Rest = Time it takes your heart rate to drop to between 50-70% of Maximum Heart Rate - Then next interval begins.

HR = Heart Rate Reading at the end of rest interval.

**NOTES:**