

Name _____

CARDIOVASCULAR PARAMETERS AND HEART RATE TRAINING WINDOW

Active Rest _____ BPM (40 percent HRR) Lower _____ BPM (60 percent HRR) Upper _____ BPM (84 percent HRR) Target _____ BPM (72 percent HRR)

WORKOUT # _____ WORKOUT # _____ WORKOUT # _____

Date (m/d/y)	Day of Week	Date (m/d/y)	Day of Week	Date (m/d/y)	Day of Week

CARDIOVASCULAR CONDITIONING

Cardiovascular (Check)	Time (min)	Program	Level	KCals/ Av HR	Time (min)	Program	Level	KCals/ Av HR	Time (min)	Program	Level	KCals/ Av HR
Stair Stepper <input type="checkbox"/>												
Treadmill <input type="checkbox"/>												
Cycle <input type="checkbox"/>												
Other <input type="checkbox"/>												

FREE WEIGHTS AND EXERCISE MACHINES

Exercise	wt, lbs	rep 8-12	sets (3)	RPP	RPE	wt, lbs	rep 8-12	sets (3)	RPP	RPE	wt, lbs	rep 8-12	sets (3)	RPP	RPE
1.															
2.															
3.															
4.															
5.															
6.															
7.															
8.															
9.															
10.															
11.															
12.															
13.															

OVERALL WORKOUT PARAMETERS

WinTim/Av. HR/Kcal	/ / /	/ / /	/ / /
Weight Before/After	/ /	/ /	/ /
Water Used (liters)	/	/	/
Workout RPP/RPE	/	/	/
Observations and Comments			

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