

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. Leg Press															
2. Leg Extension															
3. Leg Flexion															
4a. Hip Flexion															
4b. Hip Extension															
4c. Hip Abduction															
4d. Hip Adduction															
5. Lat Pull-Down															
6. Bench Press															
7. Overhead Press															
8. Arm Curl															
9. Triceps Extens.															
10. Core (Abs)															

OVERALL WORKOUT PARAMETERS

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