

Name of Subject (Print) \_\_\_\_\_ Name of Trainer (Print) \_\_\_\_\_  
 Last First Middle In. Last First Middle In.



**Cardiovascular Parameters and Training Window Limits**

Active Rest \_\_\_\_\_ BPM Lower \_\_\_\_\_ BPM Upper \_\_\_\_\_ BPM Target \_\_\_\_\_ BPM  
 (40% HRR) (60% HRR) (84% HRR) (72% HRR)

**WORKOUT #**

**WORKOUT #**

**WORKOUT #**

Date (m/d/y)	Day of Week	Begin Time Hr/Mi	End Time Hr/Mi	Date (m/d/y)	Day of Week	Begin Time Hr/Mi	End Time H/M	Date (m/d/y)	Day of Week	Begin Time Hr/Mi	End Time Hr/Mi

**CARDIOVASCULAR CONDITIONING**

Cardiovascular Session (Check one only) MACHINE	Time (min.)	Progr (If Applicable)	Level (If Applicable)	Distan &/or Cal/HR av/max	Time (min.)	Progr (If Applicable)	Level (If Applicable)	Distan &/or Cal/HR av/max	Time (min.)	Progr (If Applicable)	Level (If Applicable)	Distan &/or Cal/HR av/max
Rowing Other (Indicate)												

**CARDIOLIFT WITH FREE WEIGHTS AND EXERCISE MACHINES**

Exercise	wt, lbs/plat	rep	sets	rpe	rpp doms/other	wt, lbs/plat	rep	sets	rpe	rpp doms/other	wt, lbs/plat	rep	sets	rpe	rpp doms/other
1.															
2.															
3.															
4.															
5.															
6.															
7.															
8.															
1.															
2.															
3.															
4.															
5.															
6.															
7.															
8.															
1.															
2.															
3.															
4.															
5.															

**OVERALL WORKOUT PARAMETERS**

WinTim/Av. HR/Kcal	/ /	/ /	/ /
Cardiolift ET			
Water Used (liters)			
Workout RPE			
Workout Pain	DOMS = ; Other =	DOMS = ; Other =	DOMS = ; Other =
Observations & Comment			