

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. Squats on Rack															
2. Leg Press/Toe Ra															
3. Dead Lift															
4. Shoulder Shrugs															
5. Seat. Leg Extens.															
6. Seated Leg Curl															
7. Hip Abduction															
8. Hip Adduction															
1. Lat Pull-Down															
2. Bar Lat Lift (42.5)															
3. Bench Pres (42.5)															
4. Peck Fly															
5. Incline Press															
6. Overhead Press															
7. Arm Curls (17.5)															
8. Triceps Kickback															
1. Side Bnds (1 DB)															
2. Incline Curls/wted															
3. Incline Obliques															
4. Back Ext., Machn.															
5. Hanging Leg Lifts															

OVERALL WORKOUT PARAMETERS

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