



BEGINNING MIRACLE WORKOUT LOG CARDIOLIFT PHASE, GENERIC

Name _____

CARDIOVASCULAR PARAMETERS AND HEART RATE TRAINING WINDOW

Active Rest _____ BPM (**<55 percent HR_{MAX}**) Lower _____ BPM (**64 percent HR_{MAX}**) Upper _____ BPM (**76 percent HR_{MAX}**) Target _____ BPM (**70 percent HR_{MAX}**)

WORKOUT # _____ WORKOUT # _____ WORKOUT # _____

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

FREE WEIGHTS AND EXERCISE MACHINES

Exercise	Weight (lbs.)	Reps (8-12)	Pain > weak (Y / N)	Exert > strong (Y / N)	Weight (lbs.)	Reps (8-12)	Pain > weak (Y / N)	Exert > strong (Y / N)	Weight (lbs.)	Reps (8-12)	Pain > weak (Y / N)	Exert > Strong (Y / N)
1.												
2.												
3.												
4.												
5.												
6.												
7.												

OVERALL WORKOUT PARAMETERS

Body Weight Before/After(Lbs.)	/	/	/
Water used (liters)			
Observations and Comments			

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