



BEGINNING MIRACLE WORKOUT LOG CARDIOLIFT PHASE, PRESCRIBED

Name _____

CARDIOVASCULAR PARAMETERS AND HEART RATE TRAINING WINDOW

Active Rest _____ BPM Lower _____ BPM Upper _____ BPM Target _____ BPM
 (<55 percent HR_{MAX}) (64 percent HR_{MAX}) (76 percent HR_{MAX}) (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. Leg Press												
2. Leg Extension												
3. Leg Flexion												
4. Lat Pull-Down												
5. Bench Press												
6. Overhead Press												
7. Core (Abdominals)												

OVERALL WORKOUT PARAMETERS

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

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