

Name _____

CARDIOVASCULAR PARAMETERS AND HEART RATE TRAINING WINDOW

Active Rest _____ BPM (<55 percent HR_{MAX}) Lower _____ BPM (77 percent HR_{MAX}) Upper _____ BPM (93 percent HR_{MAX}) Target _____ BPM (84 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

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 (2)	Pain > Weak (Y / N)	Exert. > Strong (Y / N)	wt, lbs	rep 8-12	sets (2)	Pain > Weak (Y / N)	Exert. > Strong (Y / N)	wt, lbs	rep 8-12	sets (2)	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. Arm Curl															
8. Triceps Extension															
9. Core (Abs)															

OVERALL WORKOUT PARAMETERS

WinTim/Av. HR/Kcal	/ / /	/ / /	/ / /
Weight Before/After	/	/	/
Water Used (liters)			
Pa > We/Exert > St?	/	/	/
Observations and Comments			

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