

Exercise Program

personalbest	Exercise Program	Considerations:
Name:	THR Zone:	

			РВ	Date:						
	Training Phase									
Cardio-Vascular Training		Warm-up		Intensity Distance Duration Heart Rate						
		Treadmill		Intensity Distance Duration Heart Rate						
		Bike ()		Intensity Distance Duration Heart Rate						
		Rower		Intensity Distance Duration Heart Rate						
		Other		Intensity Distance Duration Heart Rate						
		Training Phas	е							
Resistance Training	C h e s t	Flat Press		Sets Reps Weight						
	C h e s t	Incline Press		Sets Reps Weight						
	C h e s t	Push up		Sets Reps Weight						
	L e g s	Olympic		Sets Reps Weight						
	L e g s	Squat		Sets Reps Weight						
	L e g s	Lunge		Sets Reps Weight						
	B a c k	Chin up		Sets Reps Weight						
	B a c k	Row		Sets Reps Weight						
	B a c k	Pulldown		Sets Reps Weight						
	Shou-ders	Shoulders		Sets Reps Weight						
	C o r e	Core		Sets Reps Weight						
Goals &										
				Session Notes						