

Name: _____ Barcode: _____

1. Always warm-up 6-10 minutes first!		Date:														
2. Stations 10 Reps = 1 Set		Seat Ht.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.
Leg Press																
Seated Row																
Leg Extension																
Chest Press																
Leg Curl																
Shoulder Press																
Calf Raise																
Triceps Ext.																
Abdominal																
Biceps Curl																
3. Cardio Training 12-20 minutes using a cardio machine in the Target Heart Rate Zone.	Recommended Target Heart Rate (THR) range is 60-85% of Theoretical Maximum Heart Rate (TMHR). TMHR in beats per minute is 220 minus your age. $220 - \text{age} = \text{TMHR}$. Target Heart Rate is $0.6 \times \text{TMHR} =$ _____ to $0.85 \times \text{TMHR} =$ _____															
	Notes:	Notes:	Notes:	Notes:	Notes:											
4. Cool Down Hold stretches for 20-60 seconds.	Notes:	Notes:	Notes:	Notes:	Notes:											