Name:_____ Target HR: 60%_____ to 85%_____

LAMPETER STRASBURG Y

	Date												
	Cardiovascular												
	Treadmill	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:
	Elliptical XT/Arc Trainer	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:
	Upright/Recumbent Bike	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:
	Rowing Machine	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:
	Stairclimber	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:	Time: HR:
Seat	Strength Training												
		Wt: Reps:	Wt: Reps:	Wt: Reps:	Wt: Reps:	Wt: Reps:	Wt: Reps:	Wt: Reps:	Wt: Reps:	Wt: Reps:	Wt: Reps:	Wt: Reps:	Wt: Reps:
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