Workout Tracker

Name: _____

My Goal: _____

Target Heart Rate: _____

"I Can...I Am...I Will!"

WARM - UP: 5-10 minutes of rhythmic activity
COOL DOWN: Slowly stretch each muscle group, holding each stretch for 15 to 30 seconds

DATE	TREADMILL					BIKE				X-TRAINER					ARC TRAINER/AMT					STEPPER			
	Prog.	Speed	Incline	HR	Time	Prog.	Level	HR	Time	Prog.	Resist.	HR/RPE	Incline	Time	Prog.	Resist.	HR/RPE	Incline	Time	Prog.	Resist.	HR/RPE	Time

WORKOUT TRACKER

NAME: _____ DATE: _____

PROGRAM: _____ INST: _____

EXCERCISE	SEAT HEIGHT	DATE	WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5			WEEK 6			WEEK 7			WEEK 8		
		WT.																								
		REPS.																								
		WT.																								
		REPS.																								
		WT.																								
		REPS.																								
		WT.																								
		REPS.																								
		WT.																								
		REPS.																								
		WT.																								
		REPS.																								
		WT.																								
		REPS.																								
		WT.																								
		REPS.																								
		WT.																								
		REPS.																								
		WT.																								
		REPS.																								
		WT.																								
		REPS.																								
		WT.																								
		REPS.																								
		WT.																								
		REPS.																								
		WT.																								
		REPS.																								

TRAINING GUIDELINES

- Perform 1 set of 8-12 repetitions. (go to the point where you cannot lift another rep in good form)
- Once you can do 12 repetitions in good form, increase weight by 5 pounds
- Lift to a 2 count, lower to a 4 count. (keep movements slow & controlled.)
- Lift 2-3 nonconsecutive days per week
- Exhale while lifting the weight.
- Focus on the muscle you are training.
- Warm-up with rhythmic activity for 5-10 minutes prior to lifting.
- Upon completion of lifting, slowly stretch each muscle group, holding each stretch for 15 to 30 seconds.