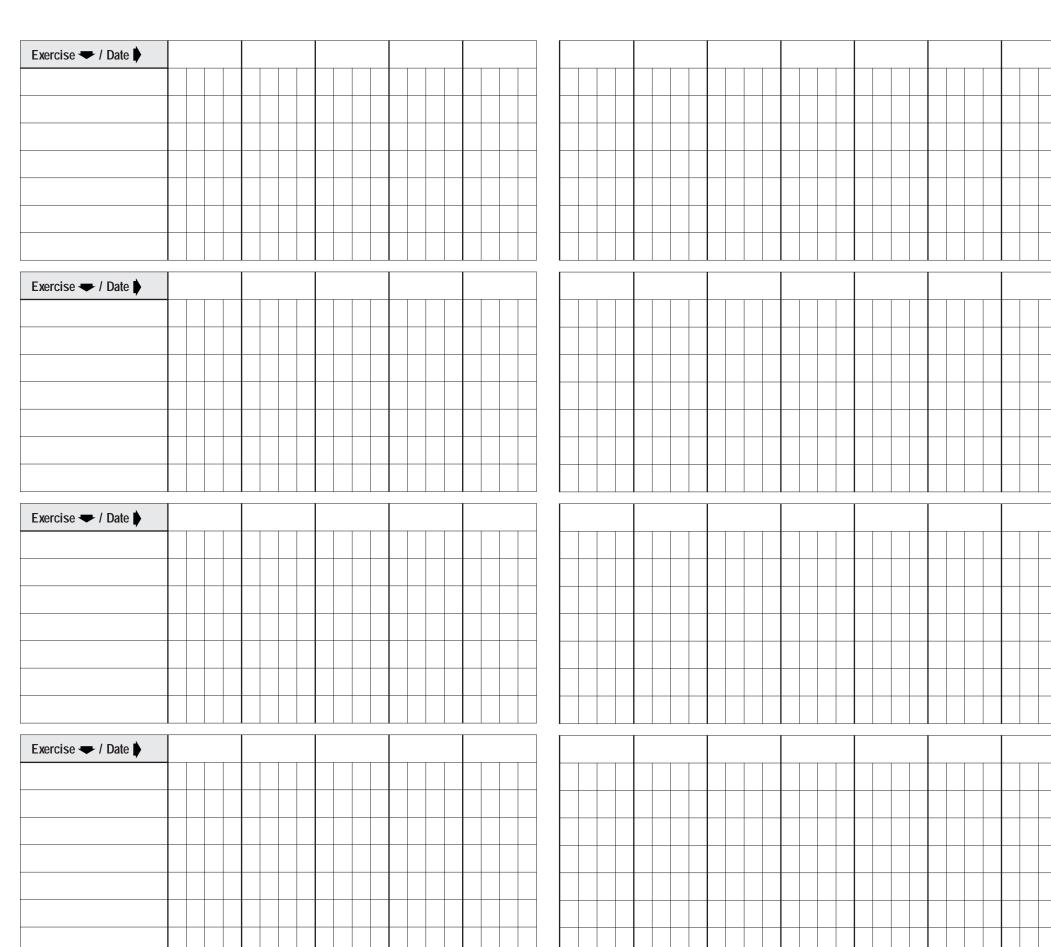
CARDIOVASCULAR

STRENGTH

Date	Time / Distance

Date	Time / Distance
Date	Tillie / Distance
	i



CARDIOVASCULAR EXERCISE PLAN

Mode, Frequency, Duration, Intensity

MODE OF EXERCISE:

	- 0/						
1.	Aerobics			10.	Station	ary Bike	
2.	Elliptical Trainer			11.	Swimm	ning	
3.	Hiking			12.	Treadm	nill Walking	
4.	Jumping Rope			13.	Treadm	nill Running	
5.	Road Bike			14.	Walkin	g	
6.	Rowing			15.	Walk/R	lun	
7.	Running			16.	Walk/R	un Treadmill	
8.	Ski Machine			17.	Water	Aerobics	
9.	Stair Climbing			18.			
FREG	UENCY/REST:						
						_	
This s	schedule is for:	4	6	8	12	weeks	
Da	ays Per Week:		_				
Ex	ercise Every Othe		Thre	e Days	On/One Day	Off	
Tw	o Days On/One D	ay Off		Four	Days C	On/One Day C	Off
	Alte	nate w	ith S	treng	th Train	ing	
DURA	ATION / DISTANC	E:					
			_	_			
	ng Time:					ance:	miles
	min./miles						
Work	up to: mi	n. OR		n	niles		
	JOITY						
INIE	NSITY:						
Ta	rget Heart Rate (I	H/R) R	ange	:			
	And/Or						
Re	ecommended Bor	g Scale	e:				

ame:				
je:			um H/R:	
esting H/R:			imum H/R:	
e-Weight:	% BF	Post-Weigh	nt: %	BF
FORE AND	AFTER AN	Y EXERCISI	E:	
Warm-Up:				
Warm-up and				
 Perform sepa continuous ba 			3 times per we	ek on a
Cool-Down:	isis to promot	e nexibility.		
Cool-down (red	uced activity)	and stretch for	5 to 10 minutes	after exercise.
ARDIOVASCU	II AD.			
Borg Scale:	LAN.			
0 Nothing	ı at all	5 Str	ong	
½ Very, ve	ery weak	6	J.19	
1 Very we	eak		ry strong	
2 Weak3 Modera	to	8 9		
	hat strong	-	ry, very strong (maximal)
 If you are not 	sweating afte	r 10 minutos v		*
,		ii 10 miinutes, y	ou are not exerc	cising (Borg 3).
 You should be 	able to carry	on a conversa		
	able to carry	on a conversa		
You should be cannot, reduce	able to carry	on a conversa		
 You should be 	able to carry	on a conversa		
You should be cannot, reduction TRENGTH:	e able to carry e your intens	on a conversa	tion while exerc	ising. If you
You should be cannot, reduction TRENGTH: Outcome	e able to carry e your intens	on a conversa	tion while exerc	Rest
You should be cannot, reduction reductions to the cannot reduction redu	e able to carry e your intens Sets 1-3	r on a conversatity. Reps 12-20	Load Light	Rest 20-30 sec.
You should be cannot, reduce the cannot red	Sets 1-3 1-6 1-5+	Reps 12-20 8-12 1-8	Load Light Moderate Heavy	Rest 20-30 sec. 30-120 sec. 2-5 min.
You should be cannot, reduce the cannot the ca	Sets 1-3 1-6 1-5+ weight: Onc	Reps 12-20 8-12 1-8 e a goal is sele	Load Light Moderate Heavy	Rest 20-30 sec. 30-120 sec. 2-5 min. ody building,
You should be cannot, reduce the cannot the canno	Sets 1-3 1-6 1-5+ weight: Once gin with a weight with a weight with a weight with a weight weight with a weigh	Reps 12-20 8-12 1-8 e a goal is selesight that can be	Load Light Moderate Heavy ected (toning, book of lifted the assign	Rest 20-30 sec. 30-120 sec. 2-5 min. ody building, ned number of
You should be cannot, reduce the cannot the canno	Sets 1-3 1-6 1-5+ weight: Once gin with a weight with a weight with a weight with a weight weight with a weigh	Reps 12-20 8-12 1-8 e a goal is selesight that can be	Load Light Moderate Heavy	Rest 20-30 sec. 30-120 sec. 2-5 min. ody building, ned number of
You should be cannot, reduce the cannot the ca	Sets 1-3 1-6 1-5+ weight: Once your with a weight goal boor that goal. to rule: When	Reps 12-20 8-12 1-8 e a goal is selected that can be out not one more on two additional	Load Light Moderate Heavy ected (toning, boe lifted the assige than the assige I repetitions can	Rest 20-30 sec. 30-120 sec. 2-5 min. ody building, aned number of number of be completed
You should be cannot, reduce the cannot the ca	Sets 1-3 1-6 1-5+ weight: Once on that goal boor that goal. or rule: Whereast set of an east set of an east set.	Reps 12-20 8-12 1-8 e a goal is selected that can be out not one more on two additional	Load Light Moderate Heavy ected (toning, boe lifted the assige than the assige	Rest 20-30 sec. 30-120 sec. 2-5 min. ody building, ined number of number of be completed
You should be cannot, reduce the cannot the ca	Sets 1-3 1-6 1-5+ weight: Once your with a weight your hat goal bor that goal. To rule: When ast set of an enat exercise.	Reps 12-20 8-12 1-8 e a goal is selected that can be out not one more two additional exercise, two selected to the selected that the selec	Load Light Moderate Heavy ected (toning, boo or lifted the assigned than the assigned that the assigne	Rest 20-30 sec. 30-120 sec. 2-5 min. ody building, aned number of number of be completed, weight may be
You should be cannot, reduce the cannot the ca	Sets 1-3 1-6 1-5+ weight: Once your with a weight your with a weight your with a weight your with a weight your with a your with your with a your	Reps 12-20 8-12 1-8 e a goal is selected that can be out not one more two additional exercise, two selected to the selected that the selec	Load Light Moderate Heavy ected (toning, boe lifted the assige than the assige I repetitions can	Rest 20-30 sec. 30-120 sec. 2-5 min. ody building, aned number of number of be completed, weight may be
You should be cannot, reduce the cannot the	Sets 1-3 1-6 1-5+ weight: Once your with a weight with a weight with a weight with a weight with a set of an east set of an east set of an east exercise. reases: Increased.	Reps 12-20 8-12 1-8 e a goal is selected that can be out not one more two additional exercise, two selected to the selected that the selec	Load Light Moderate Heavy ected (toning, boo or lifted the assigned than the assigned that the assigne	Rest 20-30 sec. 30-120 sec. 2-5 min. ody building, aned number of number of the completed, weight may be
You should be cannot, reduce the cannot the ca	Sets 1-3 1-6 1-5+ weight: Once your with a weight your with a weight your that goal before that goal. The reases are asses: Increased. DER:	Reps 12-20 8-12 1-8 e a goal is selected that can be out not one more on two additional exercise, two seements of 5 lb.	Load Light Moderate Heavy ected (toning, book of the assignment) I repetitions can essions in a row or 5% of the pre-	Rest 20-30 sec. 30-120 sec. 2-5 min. dy building, and number of number of the completed weight may be evious weight

Multi-joint (MJ)=more than one joint moves during the exercise. Single-joint (SJ)=only one joint moves during the exercise.

> **Lower Body** Quads (largest)

Hamstrings

Calves

Adductors (inner thigh)

Abductors (outer thigh) (smallest)

• Work from largest muscle groups to smallest.

Upper Body

Back (largest) Chest

Forearms (smallest)

Shoulders Triceps

Biceps

STRENGTH TRAINING PLAN

Needs, Mode, Frequency, Order, Reps/Load, Volume, Rest **NEEDS/GOAL:**

☐ Toning	☐ Body Building	☐ Strength/Power
NODE OF EXER	CISE:	
1. Body Weig	ht 6. Ma	achines

7. Nautilus

8. Rubber Tubing

10. _____

4. Combination

FREQUENCY/REST:

5. Free Weights

2. BowFlex

3. Circuit Training

This schedule is for:	4	6	8	12	weeks
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Days Per Week: _____

Exercise Every Other Day Three Days On/One Day Off

Two Days On/One Day Off Four Days On/One Day Off

Alternate with Cardiovascular

EXERCISE ORDER:

Session 1	Session 2	Session 3	Session 4

SETS x REPS x LOAD = VOLUME:

	Set(s)	Reps	Load	Rest Between Sets
For Each Exercise				