	1			-D	Train				1	~ /			
STRENGTH TRAINING		DA	TΕ			DA	ΓΕ			DA	ΤΕ		
EXERCISE	WEIGHT	REPS	SETS	REST	WEIGHT	REPS	SETS	REST	WEIGHT	REPS	SETS	REST	
WARM-UP: EASY CARDIO 1-2 MIN													
1.													
2.													
3.													
4.													
5.													
6.													
7.													
8.													
COOL DOWN: FULL BODY STRETCH 5-10 MIN													
HOW DO YOU FEEL? SCALE OF 1-10	BEFC	ORE	AF	AFTER		BEFORE		AFTER		BEFORE		AFTER	

Peak Performance

CARDIO & ABS				DA	TE		DATE					
CARDIO 20-30 MIN	ТҮРЕ	RP	E	TIME	ТҮРЕ	RI	PE	TIME	ТҮРЕ	RPE	E	TIME
ARC	REPS	SET	rc	REST	REPS	SE	TC	REST	REPS	SET	c	REST
ABS	REFS	3E		REST	REFS	36	.13	KESI	REF3	JE1.	3	REST
1.												
2.												
COOL DOWN: FULL BODY STRETCH 5-10 MIN												
HOW DO YOU FEEL? SCALE OF 1-10	BEFORI	Ξ		AFTER	BEFOR	E		AFTER	BEFORE		1	AFTER

	1			-D	Train				1	~ /			
STRENGTH TRAINING		DA	TΕ			DA	ΓΕ			DA	ΤΕ		
EXERCISE	WEIGHT	REPS	SETS	REST	WEIGHT	REPS	SETS	REST	WEIGHT	REPS	SETS	REST	
WARM-UP: EASY CARDIO 1-2 MIN													
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HOW DO YOU FEEL? SCALE OF 1-10	BEFC	ORE	AF	AFTER		BEFORE		AFTER		BEFORE		AFTER	

Peak Performance

CARDIO & ABS				DA	TE		DATE					
CARDIO 20-30 MIN	ТҮРЕ	RP	E	TIME	ТҮРЕ	RI	PE	TIME	ТҮРЕ	RPE	E	TIME
ARC	REPS	SET	rc	REST	REPS	SE	TC	REST	REPS	SET	c	REST
ABS	REFS	3E		REST	REFS	36	.13	KESI	REF3	JE1.	3	REST
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COOL DOWN: FULL BODY STRETCH 5-10 MIN												
HOW DO YOU FEEL? SCALE OF 1-10	BEFORI	Ξ		AFTER	BEFOR	E		AFTER	BEFORE		1	AFTER

	1			-D	Train				1	~ /			
STRENGTH TRAINING		DA	TΕ			DA	ΓΕ			DA	ΤΕ		
EXERCISE	WEIGHT	REPS	SETS	REST	WEIGHT	REPS	SETS	REST	WEIGHT	REPS	SETS	REST	
WARM-UP: EASY CARDIO 1-2 MIN													
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HOW DO YOU FEEL? SCALE OF 1-10	BEFC	ORE	AF	AFTER		BEFORE		AFTER		BEFORE		AFTER	

Peak Performance

CARDIO & ABS				DA	TE		DATE					
CARDIO 20-30 MIN	ТҮРЕ	RP	E	TIME	ТҮРЕ	RI	PE	TIME	ТҮРЕ	RPE	E	TIME
ARC	REPS	SET	rc	REST	REPS	SE	TC	REST	REPS	SET	c	REST
ABS	REFS	3E		REST	REFS	36	.13	KESI	REF3	JE1.	3	REST
1.												
2.												
COOL DOWN: FULL BODY STRETCH 5-10 MIN												
HOW DO YOU FEEL? SCALE OF 1-10	BEFORI	Ξ		AFTER	BEFOR	E		AFTER	BEFORE		1	AFTER