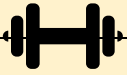


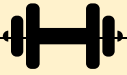


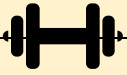




|  STRENGTH TRAINING | DATE | | | | DATE | | | | DATE | | | |
|---|--------|------|-------|------|--------|------|-------|------|--------|------|-------|------|
| | WEIGHT | REPS | SETS | REST | WEIGHT | REPS | SETS | REST | WEIGHT | REPS | SETS | REST |
| WARM-UP: EASY CARDIO 1-2 MIN | | | | | | | | | | | | |
| 1. | | | | | | | | | | | | |
| 2. | | | | | | | | | | | | |
| 3. | | | | | | | | | | | | |
| 4. | | | | | | | | | | | | |
| 5. | | | | | | | | | | | | |
| 6. | | | | | | | | | | | | |
| 7. | | | | | | | | | | | | |
| 8. | | | | | | | | | | | | |
| COOL DOWN: FULL BODY STRETCH 5-10 MIN | | | | | | | | | | | | |
| HOW DO YOU FEEL? SCALE OF 1-10 | BEFORE | | AFTER | | BEFORE | | AFTER | | BEFORE | | AFTER | |

| CARDIO & ABS | DATE | | | DATE | | | DATE | | | | | |
|--|--------|------|-------|------|--------|------|-------|------|--------|--|-------|--|
| | TYPE | RPE | TIME | TYPE | RPE | TIME | TYPE | RPE | TIME | | | |
|  CARDIO 20-30 MIN | | | | | | | | | | | | |
|  ABS | REPS | SETS | REST | REPS | SETS | REST | REPS | SETS | REST | | | |
| 1. | | | | | | | | | | | | |
| 2. | | | | | | | | | | | | |
| COOL DOWN: FULL BODY STRETCH 5-10 MIN | | | | | | | | | | | | |
| HOW DO YOU FEEL? SCALE OF 1-10 | BEFORE | | AFTER | | BEFORE | | AFTER | | BEFORE | | AFTER | |

|  STRENGTH TRAINING | DATE | | | | DATE | | | | DATE | | | |
|---|--------|------|-------|------|--------|------|-------|------|--------|------|-------|------|
| | 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 | BEFORE | | AFTER | | BEFORE | | AFTER | | BEFORE | | AFTER | |

| CARDIO & ABS | DATE | | | DATE | | | DATE | | | | | |
|--|--------|------|-------|------|--------|------|-------|------|--------|--|-------|--|
| | TYPE | RPE | TIME | TYPE | RPE | TIME | TYPE | RPE | TIME | | | |
|  CARDIO 20-30 MIN | | | | | | | | | | | | |
|  ABS | REPS | SETS | REST | REPS | SETS | REST | REPS | SETS | REST | | | |
| 1. | | | | | | | | | | | | |
| 2. | | | | | | | | | | | | |
| COOL DOWN: FULL BODY STRETCH 5-10 MIN | | | | | | | | | | | | |
| HOW DO YOU FEEL? SCALE OF 1-10 | BEFORE | | AFTER | | BEFORE | | AFTER | | BEFORE | | AFTER | |

|  STRENGTH TRAINING | DATE | | | | DATE | | | | DATE | | | |
|---|--------|------|-------|------|--------|------|-------|------|--------|------|-------|------|
| | 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 | BEFORE | | AFTER | | BEFORE | | AFTER | | BEFORE | | AFTER | |

| CARDIO & ABS | DATE | | | DATE | | | DATE | | | | | |
|--|--------|------|-------|------|--------|------|-------|------|--------|--|-------|--|
| | TYPE | RPE | TIME | TYPE | RPE | TIME | TYPE | RPE | TIME | | | |
|  CARDIO 20-30 MIN | | | | | | | | | | | | |
|  ABS | REPS | SETS | REST | REPS | SETS | REST | REPS | SETS | REST | | | |
| 1. | | | | | | | | | | | | |
| 2. | | | | | | | | | | | | |
| COOL DOWN: FULL BODY STRETCH 5-10 MIN | | | | | | | | | | | | |
| HOW DO YOU FEEL? SCALE OF 1-10 | BEFORE | | AFTER | | BEFORE | | AFTER | | BEFORE | | AFTER | |