



PORTLAND, OREGON | EST. 1978

NAME _____

Date																				
Day of Week																				

EXERCISE	1RM	REPS/ SETS	WEIGHT	REPS/ SETS	WEIGHT	REPS/ SETS	WEIGHT	REPS/ SETS	WEIGHT	REPS/ SETS	WEIGHT	REPS/ SETS	WEIGHT	REPS/ SETS	WEIGHT	REPS/ SETS	WEIGHT	REPS/ SETS	WEIGHT	REPS/ SETS	WEIGHT
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*1RM - Estimated One Rep Max (for reference) 20 Reps = 50% 12 Reps = 67% 8 Reps = 80% 6 Reps = 85% 3 Reps = 93%

CARDIO EXERCISES	TIME/ DIST.	INT**	TIME/ DIST.	INT**	TIME/ DIST.	INT**	TIME/ DIST.	INT**	TIME/ DIST.	INT**	TIME/ DIST.	INT**	TIME/ DIST.	INT**	TIME/ DIST.	INT**	TIME/ DIST.	INT**	TIME/ DIST.	INT**	

**Intensity: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard or Heart Rate