

CARDIOVASCULAR

Date	Time / Distance

Date	Time / Distance

STRENGTH

Exercise ◀ / Date ▶					

CARDIOVASCULAR EXERCISE PLAN

Mode, Frequency, Duration, Intensity

MODE OF EXERCISE:

- | | |
|-----------------------|------------------------|
| 1. Aerobics | 10. Stationary Bike |
| 2. Elliptical Trainer | 11. Swimming |
| 3. Hiking | 12. Treadmill Walking |
| 4. Jumping Rope | 13. Treadmill Running |
| 5. Road Bike | 14. Walking |
| 6. Rowing | 15. Walk/Run |
| 7. Running | 16. Walk/Run Treadmill |
| 8. Ski Machine | 17. Water Aerobics |
| 9. Stair Climbing | 18. _____ |

FREQUENCY/REST:

This schedule is for: 4 6 8 12 weeks

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 Strength Training

DURATION / DISTANCE:

Starting Time: _____ min. OR Starting Distance: _____ miles

Add: _____ min./miles every _____ week(s)

Work up to: _____ min. OR _____ miles

INTENSITY:

Target Heart Rate (H/R) Range: _____

And/Or

Recommended Borg Scale: _____

REFERENCE

STATS:

Name: _____ Date: _____

Age: _____ Maximum H/R: _____

Resting H/R: _____ % Maximum H/R: _____

Pre-Weight: _____ % BF _____ Post-Weight: _____ % BF _____

BEFORE AND AFTER ANY EXERCISE:

Warm-Up:

- Warm-up and stretch for 5 to 10 minutes prior to exercise.
- Perform separate stretching sessions 2 to 3 times per week on a continuous basis to promote flexibility.

Cool-Down:

Cool-down (reduced activity) and stretch for 5 to 10 minutes after exercise.

CARDIOVASCULAR:

Borg Scale:

0	Nothing at all	5	Strong
1/2	Very, very weak	6	
1	Very weak	7	Very strong
2	Weak	8	
3	Moderate	9	
4	Somewhat strong	10	Very, very strong (maximal)

- If you are not sweating after 10 minutes, you are not exercising (Borg 3).
- You should be able to carry on a conversation while exercising. If you cannot, reduce your intensity.

STRENGTH:

Outcome	Sets	Reps	Load	Rest
Toning	1-3	12-20	Light	20-30 sec.
Body Building	1-6	8-12	Moderate	30-120 sec.
Strength/Power	1-5+	1-8	Heavy	2-5 min.

- **Beginning weight:** Once a goal is selected (toning, body building, strength) begin with a weight that can be lifted the assigned number of repetitions for that goal but not one more than the assigned number of repetitions for that goal.
- **Two-for-Two rule:** When two additional repetitions can be completed during the last set of an exercise, two sessions in a row, weight may be added for that exercise.
- **Weight increases:** Increments of 5 lb. or 5% of the previous weight are recommended.

EXERCISE ORDER:

- Perform multi-joint (MJ) exercises prior to single-joint (SJ) exercises. Multi-joint (MJ)=more than one joint moves during the exercise. Single-joint (SJ)=only one joint moves during the exercise.
- Work from largest muscle groups to smallest.

Upper Body

Back (largest)
Chest
Shoulders
Triceps
Biceps
Forearms (smallest)

Lower Body

Quads (largest)
Hamstrings
Adductors (inner thigh)
Calves
Abductors (outer thigh) (smallest)

STRENGTH TRAINING PLAN

Needs, Mode, Frequency, Order, Reps/Load, Volume, Rest

NEEDS/GOAL:

Toning Body Building Strength/Power

MODE OF EXERCISE:

- | | |
|---------------------|------------------|
| 1. Body Weight | 6. Machines |
| 2. BowFlex | 7. Nautilus |
| 3. Circuit Training | 8. Rubber Tubing |
| 4. Combination | 9. _____ |
| 5. Free Weights | 10. _____ |

FREQUENCY/REST:

This schedule is for: 4 6 8 12 weeks

Days Per Week: _____

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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				