Workout Log

THR	Goals	

THR= Training Heart Rate

- 1. Warm-up: Warm up slowly. Increase intensity only after you have broken a light sweat (5 10 min)
- 2. Cardiovascular: After gradual warm-up, slowly increase your intensity until your heart rate is in the target range. Caution: If you become dizzy, light headed or have pain, stop exercising and consult a member of staff.
- 3. Flexibility: As a matter of safety and effectiveness, stretching should precede vigorous aerobics sessions. We recommend that static exercises (i.e. stratched positions that are held) be sustained for 10 - 30 seconds for each exercise
- 4. Cool-Down: Slowly decrease your aaerobic intensity until your heart rate falls below 100 bpm.

Member's Name:	
Instructor:	
Starting Date:	



Cardiovascular Programme

Date											
Run race											
Program											
Time											
Bike race											
Program											
Time											
Row race											
Program											
Time											
Step race											
Program											
Time											
Cross Trainer											
Program											
Time											
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