

CARDIO TRAINING:

DAY 2
DATE | |

START : STOP :

EXERCISE	TIME	DISTANCE	HR

EXERCISE KEY:

A	ALTERNATE EXERCISE	F	FAILURE: AS MANY AS POSSIBLE
H	HIGH REP: 26-30 REPS	I	ISOMETRIC: AS LONG AS POSSIBLE
M	MEDIUM REP: 16-20 REPS	S	SPEED
L	LOW REP: 8-12 REPS	THR	TARGET HEART RATE

TIPS FOR INJURY-FREE RESULTS:

JOINTS STACKED	STAND TALL	ABS TIGHT	EXHALE AT EXERTION
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FUEL CHART:

	TIME	SNACK	N	L	C	B	T	CARBS
W		CARPE DIEM						
S								
S								
S								
S								
S								
S								
S								
F		DREAM BIG						

NOTES