**RESISTANCE TRAINING SESSION 4.**

|  |  |
| --- | --- |
| DATE: |  |
| RESTING HEART RATE: |  |
| WARM UP: |  |

TRAINING SESSION:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | SET 1 | | SET 2 | | SET 3 | |
|  | Exercise | Weight 1 | Reps 1 | Weight 2 | Reps 2 | Weight 3 | Reps 3 |
| 1 |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |  |

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| --- |
| COOL DOWN: |

|  |
| --- |
| EVALUATION OF SESSION: |