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| --- | --- | --- | --- | --- | --- | --- |
| **TRAINING UPPER BODY** | **Date Completed** | **Resting**  **HR/BP/BS** | **Sets/Reps** | **RPE**  **(1-10)** | **Cool Down**  **HR/BP/BS** | **Symptoms or**  **Concerns** |
| Shoulder Shrug |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| [Image result for single arm lateral shoulder raises](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwiq0pj8ydPaAhWMON8KHRN6CAIQjRx6BAgAEAU&url=https://www.pinterest.com/pin/82894449373262523/&psig=AOvVaw3rv8E5OX6WFtS230RpL0X8&ust=1524682194534207)Lateral Shoulder Raise |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| [Image result for workoutlabs chest press resistance](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwiEiLrXxtPaAhUqmuAKHcDeAfkQjRx6BAgAEAU&url=https://workoutlabs.com/exercise-guide/resistance-band-chest-press/&psig=AOvVaw1EyjhtXNLAKg-qxdiVBZX_&ust=1524681317653597)Chest Press |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Back Rows  Image result for row with tubing exercise pro |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Image result for bicep curls with bandsBicep Curls |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Tricep Extension  C:\Users\Milton Cardiac\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C0D1B278.tmp |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |



Progression:

**WEEK 1-2**

1 SET,10-15 repetitions

**WEEK 2-3**

2 SETS,10-15 repetitions

**WEEK 3-4**

3 SETS,10-15 repetitions

**WEEK 4-5**

Increase weight

1 SET,10-15 repetitions

Progress the number of repetitions with the weight you started with, as you feel comfortable. Once the resistance exercise becomes easy, progress the number of sets. Listen to you body. If you feel pain or discomfort with any exercise, discontinue the exercise. Fatigue and mild soreness can be normal with resistance training.

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| **TRAINING LOWER BODY** | **Date Completed** | **Resting**  **HR/BP/BS** | **Sets/Reps** | **RPE**  **(1-10)** | **Cool Down**  **HR/BP/BS** | **Symptoms or**  **Concerns** |
| Image result for squats with bands[Image result for body weight alternating lunges](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwj8q4vCxPvZAhWC5YMKHQ5LA7AQjRx6BAgAEAU&url=https://workoutlabs.com/exercise-guide/alternating-bodyweight-lunges/&psig=AOvVaw0RQZX60hmHUZkb_FbdwRVW&ust=1521657080785478)Squats |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Calf RaisesImage result for calf raises with bands black and white |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Image result for hamstring curl with bandsHamstring Curls |  |  |  |  |  |  |
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|  |  |  |  |  |  |
| LungesImage result for lunges with bands black and white |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **TRAINING CORE** | **Date Completed** | **Resting**  **HR/BP/BS** | **Sets/Reps** | **RPE**  **(1-10)** | **Cool Down**  **HR/BP/BS** | **Symptoms or Concerns** |
| ../Desktop/Screen%20Shot%202018-03-27%20at%2011.31.39%20AM.pngDead Bug |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Bird Dog../Desktop/Screen%20Shot%202018-03-27%20at%2011.31.31%20AM.png  Use this training log to record the resistance exercises you do. For more information, please visit the website link to the My Heart Fitness videos. You can follow along with the videos on your own with the guidelines to exercise safely:  <https://myheartfitness.ca/resistance-training> |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |



Progression:

**WEEK 1-2**

1 SET,10-15 repetitions

**WEEK 2-3**

2 SETS,10-15 repetitions

**WEEK 3-4**

3 SETS,10-15 repetitions

**WEEK 4-5**

Increase weight

1 SET,10-15 repetitions