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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 raises](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwimju2FstPaAhVwk-AKHWf_CPYQjRx6BAgAEAU&url=https://workoutlabs.com/exercise-guide/single-arm-lateral-raises-side-flyes/&psig=AOvVaw3iYjowVRzHytGkCoi_FkJ4&ust=1524675771218718)Lateral Shoulder Raise |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Chest Press |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| [Image result for bent over back rows](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwiVoZHes_vZAhVk5IMKHeEQB0AQjRx6BAgAEAU&url=https://workoutlabs.com/exercise-guide/two-armed-bent-over-row/&psig=AOvVaw3H6_YQiZCNRUYH0QpX7SkH&ust=1521652567065864)Back Rows |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| [Image result for Single arm bicep curls](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwismOLtstPaAhXRdN8KHUyBCfQQjRx6BAgAEAU&url=http://www.freeworkoutlog.com/exercises/biceps/dumbbell/dumbbell-alternate-bicep-curl/&psig=AOvVaw2JF9WR-4i_tJ2GKzrgZ491&ust=1524675941749165)Bicep Curls |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| [Image result for tricep dumbbell kickback](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjtqYvkt_vZAhWhx4MKHV8XDEgQjRx6BAgAEAU&url=https://workoutlabs.com/exercise-guide/tricep-dumbbell-kickback/&psig=AOvVaw2FnPawsTuQPQGWleWSIah4&ust=1521653661058660)Tricep Extension |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |



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 goblet squat with dumbbell[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 Raises |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Hamstring Curls |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Lunges |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **TRAINING CORE** | **Date Completed** | **Resting**  **HR/BP/BS** | **Sets/Reps** | **RPE**  **(1-10)** | **Cool Down**  **HR/BP/BS** | **Symptoms or Concerns** |
| Dead Bug  ../Desktop/Screen%20Shot%202018-03-27%20at%2011.36.22%20AM.png |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Bird Dog../Desktop/Screen%20Shot%202018-03-27%20at%2011.36.15%20AM.png |  |  |  |  |  |  |
|  |  |  |  |  |  |
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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

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>