|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **TRAINING UPPER BODY** | **TRAINING UPPER BODY** | **Date Completed** | **Resistance**  (weight/band intensity) | **Sets/Reps** | **RPE**  **(1-10)** | **Symptoms or**  **Concerns** |
| Shoulder Shrug | Shoulder Shrug |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Lateral Shoulder Raise  [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) | [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 |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| [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 | Chest Press |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Back Rows  Image result for row with tubing exercise pro | [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 bicep curls with bandsBicep Curl | [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 Curl |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| C:\Users\Milton Cardiac\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C0D1B278.tmpTricep Extension | [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 |  |  |  |  |  |
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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

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 your 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** | **TRAINING LOWER BODY** | **Date Completed** | **Resistance** (Weight/band intensity) | **Sets/Reps** | **RPE**  **(1-10)** | **Symptoms or**  **Concerns** |
| [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  Image result for squats with bands | 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 RaisesImage result for calf raises with bands black and white | Calf Raises |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Image result for hamstring curl with bandsHamstring Curls | Hamstring Curls |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Lunges  Image result for lunges with bands black and white | Lunges |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| **TRAINING CORE** | **TRAINING CORE** | **Date Completed** | **Resistance** (Weight/band intensity) | **Sets/Reps** | **RPE**  **(1-10)** | **Symptoms or**  **Concerns** |
| ../Desktop/Screen%20Shot%202018-03-27%20at%2011.31.39%20AM.pngDead Bug | Dead Bug  ../Desktop/Screen%20Shot%202018-03-27%20at%2011.36.22%20AM.png |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 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> | Bird Dog../Desktop/Screen%20Shot%202018-03-27%20at%2011.36.15%20AM.png |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

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