|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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 RaiseImage result for single arm lateral shoulder raises | Image result for single arm lateral raisesLateral Shoulder Raise |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Image result for workoutlabs chest press resistanceChest Press | Chest Press |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Back RowsImage result for row with tubing exercise pro | Image result for bent over back rowsBack Rows |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Image result for bicep curls with bandsBicep Curl | Image result for Single arm bicep curlsBicep Curl |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| C:\Users\Milton Cardiac\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C0D1B278.tmpTricep Extension | Image result for tricep dumbbell kickbackTricep 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 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 lungesSquatsImage result for squats with bands | Image result for goblet squat with dumbbellImage result for body weight alternating lungesSquats |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Calf RaisesImage result for calf raises with bands black and white  | Calf Raises |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Image result for hamstring curl with bandsHamstring Curls | Hamstring Curls |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| LungesImage 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.pngUse 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