

TRAINING SESSION PROGRAM CARD

NAME:

RPE Scale (rate of perceived exertion)

- 1 Very easy
- 2 Somewhat easy
- 3 Moderate
- 4 Somewhat hard
- 5 Hard
- 6
- 7 Very hard
- 8
- 9
- 10 Maximal

Warm up:				
Cool down:				
CARDIOVASCULAR EXERCISE : NO LESS THAN 20 MINS PER EXERCISE				RPE:
OPTIONS:	Time	Notes		
RESISTANCE EXERCISE			RPE:	
Exercise	Weight	Sets/Reps	Notes	Rest

STRETCHING CHART

Hold stretches for 30 seconds each for optimal results

