



FRESH IS
HEALTHY



CARDIOVASCULAR ENDURANCE

			Minutes	Activity		Minutes	Activity
Day 1		MODERATE [50-70% Max HR]			VIGOROUS [70-85% Max HR]		
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Rest Day		TOTAL			TOTAL		

RESISTANCE TRAINING



DATE		Warm Up						
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GROUP	EXERCISE	SET 1	SET 3	NOTE	EXERCISE	SET 2	SET 4	NOTE
CHEST		/	/			/	/	
LEGS		/	/			/	/	
SHOULDERS		/	/			/	/	
ABS		/	/			/	/	
BACK		/	/			/	/	

COOL DOWN					NOTE	
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DATE		WARM UP						
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GROUP	EXERCISE	SET 1	SET 3	NOTE	EXERCISE	SET 2	SET 4	NOTE
CHEST		/	/			/	/	
LEGS		/	/			/	/	
SHOULDERS		/	/			/	/	
ABS		/	/			/	/	
BACK		/	/			/	/	

COOL DOWN				NOTE	
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DATE		Warm Up						
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CHEST		/	/			/	/	
LEGS		/	/			/	/	
SHOULDERS		/	/			/	/	
ABS		/	/			/	/	
BACK		/	/			/	/	

COOL DOWN				NOTE	
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