

**FRESH
IS HEALTHY**



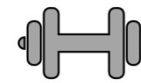
CARDIOVASCULAR ENDURANCE



MODERATE [50-70% Max HR]	Activity	Minutes	HR	Calories	VIGOROUS [70-85% Max HR]	Activity	Minutes	HR	Calories
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		/	/			/	/	
Abdominal		/	/			/	/	
Back		/	/			/	/	

Cool Down					Metrics	HR		Calories	
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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		/	/			/	/	
Abdominal		/	/			/	/	
Back		/	/			/	/	

Cool Down					Metrics	HR		Calories	
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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		/	/			/	/	
Abdominal		/	/			/	/	
Back		/	/			/	/	

Cool Down					Metrics	HR		Calories	
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