

Adjusted Power Factor Training

DAY 1 LOG

(All fields are editable. Type text in corresponding fields)

WEEK / / to / / FOR: _____

TIME: _____

GOALS _____



WEIGHT TRAINING / STRENGTH TRAINING

Days: _____

EXERCISES	SETS	REPS	WEIGHT	REST TIME	NOTES
SEATED SHOULDER PRESS	5	5			
BACK SQUATS	5	5			
BARBELL BENT OVER ROWS	5	5			
BENCH PRESS	5	5			
SIDE DUMBBELL LATERALS	3	15 - 20			
CALF RAISES	3	30			

CARDIO TRAINING

Days: _____

EXERCISES	TIME / DIST	TARGET HR	INTENSITY*	NOTES

*Intensity can be low / moderate / high

Notes: _____
