



NOTES: MONDAY - CARDIO X :30 + ABDOMINAL TRAINING (SEE REVERSE)
 TUESDAY - CARDIO X :20 + STRENGTH TRAINING (SEE REVERSE)
 WEDNESDAY - CARDIO X :30
 THURSDAY - CARDIO X :30 + ABDOMINAL TRAINING (SEE REVERSE)
 FRIDAY - CARDIO X :20 + STRENGTH TRAINING (SEE REVERSE)
 SATURDAY - CARDIO X :20 + ABDOMINAL TRAINING (SEE REVERSE)
 SUNDAY - TAKE TODAY OFF!
 *STRETCH DAILY!

EXERCISE PROGRESS RECORD

| | |
|---|------|
| NAME: | AGE: |
| TARGET HEART RATE: $220 - \text{AGE} = \text{MHR}$ $\text{MHR} \times .65 =$ LOWER END OF ZONE $\text{MHR} \times .85 =$ UPPER END OF ZONE | |











CARDIOVASCULAR TRAINING

| DATE | BODY WEIGHT | PRE-EX | | EXERCISE | HR | EXERCISE | HR | EXERCISE | HR | EXERCISE | HR | EXERCISE | HR | POST-EX | |
|------|-------------|--------|----------------|-----------|----|------------|----|----------|----|----------|----|----------|----|----------------|--|
| | | HR | BLOOD PRESSURE | TREADMILL | | ELLIPTICAL | | ROWING | | BIKING | | HR | | BLOOD PRESSURE | |
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Please consult with your physician before beginning any exercise program. This exercise prescription is designed for the apparently healthy population. If you experience chest pain, light-headedness, shortness of breath, sensation of heart palpitations stop and visit with your physician. The benefits of exercise far outweigh the risks in most adults. Please contact with the Hawthorn Wellness Manager if you need assistance with any of these exercises: 918-270-9611 or bringham@meltontruck.com

STRENGTH TRAINING

STRENGTH TRAINING

| PRIMARY MUSCLE | EXERCISE | DATE | | | | | | | | | | | | | | | | | | | |
|--|--|--------|--------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| CHEST | MATRIX PEC FLY  | SETS | 3 | | | | | | | | | | | | | | | | | | |
| | | REPS | 10 | | | | | | | | | | | | | | | | | | |
| | | WEIGHT | | | | | | | | | | | | | | | | | | | |
| SHOULDERS | 2 DUMBBELL LATERAL RAISE  | SETS | 3 | | | | | | | | | | | | | | | | | | |
| | | REPS | 10 | | | | | | | | | | | | | | | | | | |
| | | WEIGHT | | | | | | | | | | | | | | | | | | | |
| BACK | 3 MATRIX LAT PULLDOWN  | SETS | 3 | | | | | | | | | | | | | | | | | | |
| | | REPS | 10 | | | | | | | | | | | | | | | | | | |
| | | WEIGHT | | | | | | | | | | | | | | | | | | | |
| BICEPS | 4 CAMBERED BICEP CURL  | SETS | 3 | | | | | | | | | | | | | | | | | | |
| | | REPS | 10 | | | | | | | | | | | | | | | | | | |
| | | WEIGHT | | | | | | | | | | | | | | | | | | | |
| TRICEPS | 5 CABLE TRICEP PUSHDOWN  | SETS | 3 | | | | | | | | | | | | | | | | | | |
| | | REPS | 10 | | | | | | | | | | | | | | | | | | |
| | | WEIGHT | | | | | | | | | | | | | | | | | | | |
| QUADRICEPS HAMSTRINGS GLUTES | 6 NAUTILUS LEG PRESS  | SETS | 3 | | | | | | | | | | | | | | | | | | |
| | | REPS | 10 | | | | | | | | | | | | | | | | | | |
| | | WEIGHT | | | | | | | | | | | | | | | | | | | |
| 7 | | SETS | | | | | | | | | | | | | | | | | | | |
| | | REPS | | | | | | | | | | | | | | | | | | | |
| | | WEIGHT | | | | | | | | | | | | | | | | | | | |
| 8 | | SETS | | | | | | | | | | | | | | | | | | | |
| | | REPS | | | | | | | | | | | | | | | | | | | |
| | | WEIGHT | | | | | | | | | | | | | | | | | | | |
| ABS | 9 BASIC AB CRUNCH  | SETS | 3 | | | | | | | | | | | | | | | | | | |
| | | REPS | 20 | | | | | | | | | | | | | | | | | | |
| | | WEIGHT | | | | | | | | | | | | | | | | | | | |
| ABS | 10 REVERSE CRUNCH  | SETS | 3 | | | | | | | | | | | | | | | | | | |
| | | REPS | 20 | | | | | | | | | | | | | | | | | | |
| | | WEIGHT | | | | | | | | | | | | | | | | | | | |
| ABS LOW BACK (CORE) | 11 PLANK HOLD  | SETS | 3 | | | | | | | | | | | | | | | | | | |
| | | REPS | 30 SEC | | | | | | | | | | | | | | | | | | |
| | | WEIGHT | | | | | | | | | | | | | | | | | | | |
| ANOTHER OPTION WHILE IN TORQUE →  | 12 FITNESS on demand AB ASSAULT | SETS | | | | | | | | | | | | | | | | | | | |
| | | REPS | | | | | | | | | | | | | | | | | | | |
| | | WEIGHT | | | | | | | | | | | | | | | | | | | |
| 13 | | SETS | | | | | | | | | | | | | | | | | | | |
| | | REPS | | | | | | | | | | | | | | | | | | | |
| | | WEIGHT | | | | | | | | | | | | | | | | | | | |
| 14 | | SETS | | | | | | | | | | | | | | | | | | | |
| | | REPS | | | | | | | | | | | | | | | | | | | |
| | | WEIGHT | | | | | | | | | | | | | | | | | | | |
| 15 | | SETS | | | | | | | | | | | | | | | | | | | |
| | | REPS | | | | | | | | | | | | | | | | | | | |
| | | WEIGHT | | | | | | | | | | | | | | | | | | | |

ABDOMINALS

COMBO

COMBO