****

**Week \_\_\_\_**

**Cardio Log**

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| --- | --- | --- | --- | --- |
| DAY | MODE | DURATION | INTENSITY | INCLINE |
| Monday |  |  |  |  |
| Tuesday |  |  |  |  |
| Wednesday |  |  |  |  |
| Thursday |  |  |  |  |
| Friday |  |  |  |  |
| Saturday |  |  |  |  |
| Sunday |  |  |  |  |

Resistance Training

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| EXERCISE | LOAD (lbs) | REPS | SETS | REST |
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