

Fitness

Cardiovascular Endurance Training Program

Your Name:

Your Class:



Cardiovascular Endurance						
What exercise did you do?	How many sets did you do?	What was your heart rate?	How long did you rest between sets?	Was this exercise easy, medium or hard?		

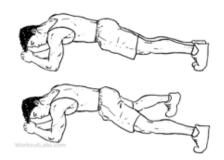


Fitness

Muscular Endurance Training Program

Your Name:

Your Class:



Muscular Endurance						
What exercise did you do?	How many reps did you do?	How many sets did you do?	How long did you rest between sets?	Was this exercise easy, medium or hard?		



FitnessFlexibility Training Program

Your Name:

Your Class:



Flexibility						
What body part did you stretch?	How many sets did you do?	How long did you hold your stretch for?	How long did you rest between sets?	Was this exercise easy, medium or hard?		