

EADE Fitness 24/7

EXERCISE JOURNAL

DATE: ___/___/___ TIME: ___:___:___ Morning Afternoon Evening DAY: _____ WK#: _____

CARDIOVASCULAR	OUTDOOR	INTENSITY (HR)	TOTAL DURATION (MINUTES)
CHECK ONE	CHECK ONE	LOW MED HIGH	CHECK ONE
<input type="checkbox"/> TREADMILL <input type="checkbox"/> STAIRCLIMBER <i>Air Dyne</i> <input checked="" type="checkbox"/> STATIONARY CYCLE <input type="checkbox"/> STATIONARY ROWER <input type="checkbox"/> ELLIPTICAL TRAINER <input type="checkbox"/> GROUP: _____	<input type="checkbox"/> WALK <input type="checkbox"/> RUN <input type="checkbox"/> CYCLE <input type="checkbox"/> SWIM <input type="checkbox"/> SKATE <input type="checkbox"/> _____	HEART RATE (MIN): _____ HEART RATE (MAX): _____ ZONE 1: _____ (MINS)* ZONE 2: _____ (MINS) ZONE 3: _____ (MINS) ZONE 4: _____ (MINS) ZONE 5: _____ (MINS)	<input type="checkbox"/> 31-45 <input type="checkbox"/> 46-60 <input type="checkbox"/> 61-75 <input type="checkbox"/> 76-90 <input type="checkbox"/> 91-105

10 min

WEIGHT / RESISTANCE TRAINING

by PAUL EADE

WARM-UP MINS: _____		REST BETWEEN SETS SECS: _____		SET #1	SET #2	SET #3	OR	SET #4		
EXERCISE / MACHINE	Set / Equip. Adjustment	TEMPO	REPS / TIME:	WT	REPS / TIME:	WT	REPS / TIME:	WT	REPS / TIME:	WT
<i>LEGS</i> Barbell Squat	#1 _____ #2 _____ #3 _____	180	12		12		12		12	
<i>BACK</i> Wide Grip Lat Pull down	#1 _____ #2 _____ #3 _____	75	12		12		12		12	
<i>Shoulder</i> Seated Dumbbell Laterals	#1 _____ #2 _____ #3 _____	60	12		12		12		12	
<i>Shoulder</i> Assisted Tricep Dip	#1 _____ #2 _____ #3 _____	60	12		12		12		12	
<i>Chest</i> Incline Barbell Press	#1 _____ #2 _____ #3 _____	60	12		12		12		12	
Life Fitness Bicep -Alternating Arms	#1 _____ #2 _____ #3 _____	60	12		12		12		12	

LEGS

BACK

Shoulder

Chest

STRETCH / COOL DOWN

LEGS, FEET, ANKLES: _____

LOWER BACK, HIPS, GROIN, HAMSTRINGS: _____

PRE-WORKOUT:

Hours Sleep: 4 5 6 7 8 9 10