

# EADE Fitness 24/7

## EXERCISE JOURNAL

DATE:     /     /     TIME:     or circle one Morning Afternoon Evening DAY:     WK#:    

WARMUP Air Dyne

CARDIOVASCULAR	OUTDOOR	INTENSITY (HR)	TOTAL DURATION (MINUTES)
CHECK ONE	CHECK ONE	LOW MED HIGH	CHECK ONE
<input type="checkbox"/> TREADMILL <input type="checkbox"/> STAIRCLIMBER <b>10min</b> <input checked="" type="checkbox"/> STATIONARY CYCLE <input type="checkbox"/> STATIONARY ROWER <input type="checkbox"/> ELLIPTICAL TRAINER <input type="checkbox"/> GROUP: <u>   </u>	<input type="checkbox"/> WALK <input type="checkbox"/> RUN <input type="checkbox"/> CYCLE <input type="checkbox"/> SWIM <input type="checkbox"/> SKATE <input type="checkbox"/> <u>   </u>	HEART RATE (MIN): <u>   </u> HEART RATE (MAX): <u>   </u> ZONE 1: <u>   </u> (MINS) * ZONE 2: <u>   </u> (MINS) ZONE 3: <u>   </u> (MINS) ZONE 4: <u>   </u> (MINS) ZONE 5: <u>   </u> (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

### WEIGHT / RESISTANCE TRAINING *by PAUL EADE*

WARM-UP MINS: <u>   </u>	REST BETWEEN SETS SECS: <u>   </u>	SET #1		SET #2		SET #3		SET #4 <i>OR</i>	
		REPS / TIME:	WT	REPS / TIME:	WT	REPS / TIME:	WT	REPS / TIME:	WT
Smith Machine <i>Squat</i>	<i>90</i>	<i>12</i>		<i>12</i>		<i>12</i>		<i>12</i>	
Assisted Pullup	<i>90</i>	<i>12</i>	<i>NIDE</i>	<i>12</i>	<i>WADE</i>	<i>12</i>	<i>MED</i>	<i>12</i>	<i>NARROW</i>
Barbell Clean & Press	<i>90</i>	<i>12</i>		<i>12</i>		<i>12</i>		<i>12</i>	
Lying Tricep Ext	<i>60</i>	<i>12</i>		<i>12</i>		<i>12</i>		<i>12</i>	
Incline Dumbbell Curls	<i>60</i>	<i>12</i>		<i>12</i>		<i>12</i>		<i>12</i>	
Incline Hammer Strength Press	<i>60</i>	<i>12</i>		<i>12</i>		<i>12</i>		<i>12</i>	

### STRETCH / COOL DOWN

- LEGS, FEET, ANKLES: \_\_\_\_\_
- LOWER BACK, HIPS, GROIN, HAMSTRINGS: \_\_\_\_\_
- UPPER BACK, SHOULDERS, ARMS: \_\_\_\_\_

#### PRE-WORKOUT:

Hours Sleep: 4 5 6 7 8 9 10  
(circle one)

This morning my body felt:  Sore  Tight  
 Recovered  Refreshed  Pumped

\*Zones 1 = 65% MHR ● 2 = 65-72% MHR ● 3 = 73-80% MHR ● 4 = 84-90% MHR ● 5 = 91-100% MHR

Ask your personal trainer, coach, health professional or doctor if these ranges are applicable to you.

