

# Eade Fitness 24/7

## EXERCISE JOURNAL

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

WARM UP 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 10 min <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

### WEIGHT / RESISTANCE TRAINING

by Paul Eade

Legs & Back

Back

Chest

WARM-UP MINS: _____	REST BETWEEN SETS SECS: _____	SET #1		SET #2		SET #3 OR		SET #4		
		REPS / TIME	WT	REPS / TIME	WT	REPS / TIME	WT	REPS / TIME	WT	
EXERCISE / MACHINE	Seat / Equip. Adjustment	TEMPO	REPS / TIME	WT	REPS / TIME	WT	REPS / TIME	WT	REPS / TIME	WT
Hex Bar Dead lift		90	12		12		12		12	
Hammer Strength Pull down		75	12		12		12		12	
Cybox Plate load Shoulder		60	12		12		12		12	
Life Fitness Tricep Press DOWN		60	12		12		12		12	
Incline Dumbbell Press		60	12		12		12		12	
Bodymaster Bicep		60	12		12		12		12	

### 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.