

HST: Week 3

| 10RM | Date: | | Date: | | Date: | |
|---|-------|--------|-------|--------|-------|--------|
| | Reps | Weight | Reps | Weight | Reps | Weight |
| Rest: 30-90 Seconds | | | | | | |
| Exercise 1: _____ No Rest | WU __ | | WU __ | | WU __ | |
| | | | | | | |
| Exercise 2: _____ 60 Seconds Rest | | | | | | |
| | | | | | | |
| Exercise 3: _____ No Rest | | | | | | |
| | | | | | | |
| Exercise 4: _____ 60 Seconds Rest | | | | | | |
| | | | | | | |
| Exercise 5: _____ No Rest | | | | | | |
| | | | | | | |
| Exercise 6: _____ 60 Seconds Rest | | | | | | |
| | | | | | | |
| Exercise 7: _____ No Rest | | | | | | |
| | | | | | | |
| Exercise 8: _____ 60 Seconds Rest | | | | | | |
| | | | | | | |
| Exercise 9: _____ No Rest | | | | | | |
| | | | | | | |
| Exercise 10: _____ 60 Seconds Rest | | | | | | |
| | | | | | | |
| Exercise 11: _____ No Rest | | | | | | |
| | | | | | | |
| Exercise 12: _____ 60 Seconds Rest | | | | | | |
| | | | | | | |
| Cardiovascular Training Type: _____ | Date: | | Date: | | Date: | |
| | %MHR: | Time: | %MHR: | Time: | %MHR: | Time: |