

HST: Week 4

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:		
		%MHR:	Time:	%MHR:	Time:	