

# HST: Week 5

<b>5RM</b>	<b>Date:</b>		<b>Date:</b>		<b>Date:</b>	
	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>

**Rest: 3-4 Minutes**

<b>Exercise 1:</b> _____ <small>No Rest</small>	WU	__				
<b>Exercise 2:</b> _____ <small>120 Seconds Rest</small>						

<b>Exercise 3:</b> _____ <small>No Rest</small>						
<b>Exercise 4:</b> _____ <small>120 Seconds Rest</small>						

<b>Exercise 5:</b> _____ <small>No Rest</small>						
<b>Exercise 6:</b> _____ <small>120 Seconds Rest</small>						

<b>Exercise 7:</b> _____ <small>No Rest</small>						
<b>Exercise 8:</b> _____ <small>120 Seconds Rest</small>						

<b>Exercise 9:</b> _____ <small>No Rest</small>						
<b>Exercise 10:</b> _____ <small>120 Seconds Rest</small>						

<b>Exercise 11:</b> _____ <small>No Rest</small>						
<b>Exercise 12:</b> _____ <small>120 Seconds Rest</small>						

<b>Cardiovascular Training</b> <b>Type:</b> _____	<b>Date:</b>		<b>Date:</b>	
	<b>%MHR:</b>	<b>Time:</b>	<b>%MHR:</b>	<b>Time:</b>