

PORTLAND, OREGON | EST. 1978

| NAME | | | | | | | | | | | | | | | | |
|---|------|------|------|------|------|------|-----|------|------|-----|------|------|-----|------|------|-----|
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| Date | | | | | | | | | | | | | | | | |
| Day of Week | | | | | | | | | | | | | | | | |
| EXERCISES | 1RM* | SETS | REPS | WT | SETS | REPS | WT | SETS | REPS | WT | SETS | REPS | WT | SETS | REPS | WT |
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| *1RM - Estimated One Rep Max (for reference) 20 Reps = 50% 12 Reps = 67% 8 Reps = 80% 6 Reps = 85% 3 Reps = 93% | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| CARDIO EXERCISES | | TIME | DIST | INT* | TIME | DIST | INT |

^{*}Intensity: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard or Heart Rate