Workout Card

Warm up: 5-10 minutes
Workout: THR (_____ - _____) or RPE (_____)
Cooldown: 5-10 minutes

Name _____

Cardio Training	30-60 secs	30-60 secs	30-60 secs	30-60 secs	30-60 secs	30-60 secs	30-60 secs	30-60 secs	30-60 secs	30-60 secs	30-60 secs	30-60 secs	30-60 secs	30-60 secs	30-60 secs	30-60 secs
1 2																
3 4																
5 6																
7 8																
9 10																
11 12																
13 14																
15 16																
17 18																
Flexibility Training																
❑ Hamstrings																
❑ Glutes																
❑ Hip Flexors																
❑ Shoulders																
❑ Triceps																
❑ Biceps																
❑ Chest																
❑ Quads																