

- Each workout should begin with light exercise/stretch
- Do not sacrifice technique for increased weight (*Maintain correct form*)
- We suggest 8-12 reps and 1-2 sets if beginner
- For Best results workout at least 3X per week
- Each repetition should be 2- 5 seconds in length
- End each workout with cool down and stretching
- Inhale at rest, exhale on exertion
- My heart rate training zone is _____

NAME _____ DATE _____

PERSONAL COACH

[illegible]