

Training Type:
Result Desired:
Activity ID: W



Day Description:

TODAY'S MESSAGES	Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT							Date Of Workout	/ /		Resistance Start Time				AM			
, Day:		Approximate time of resistance workout:												PM			
EXPECTED FEEL Region Target Area	SEAT OTHER	EXERCISE Manufacturer Equipment Name	SET 1			TODAY'S REPS	SET 2			TODAY'S REPS	SET 3			TODAY'S REPS			
			WT	REPS	REST		WT	REPS	REST		WT	REPS	REST				
Added	N/A		No equipment is available to work this particular muscle group. This may be due to a number of factors or restrictions on equipment, exercises, or muscle groups at your location. Continue your workouts, and as you develop strength or equipment becomes available, ActivTrax will make the necessary adjustments.														
	N/A																
*BEST means do the most you can without exceeding 20 repetitions.										Resistance End Time				AM			
+P means add a supplemental plate, +2P means add two supplemental plates, and so on.														PM			

TODAY'S CARDIO											
Minimum Time Recommended	20 Minutes	Cardio Activity		Elliptical Trainer				Average Heart Rate		Distance	
Target Heart Rate	N/A	Duration		10m				Calories			

MY NOTES	IMPORTANT: This area is for your own notes. They will be recorded, but will NOT be sent to your coach or to ActivTrax.