



## Active Gains in brain Using Exercise During Aging

Trainer:			Date:			Time:			Semana:			Grupo:			<b>LEVEL 2 TRAINING SESSION 2</b>		
Time warm up:		ID:															
Time main part:		Sleep:															
Cooldown:		Feeling_pre:															
Time end:		Feeling_post															
Sets: 3		N_Polar															
Rest: 180" (60" Set)		Polar_Exer															
		RPE_total															
Exercise	Time	RPE_target	Band	Rep	RPE	Band	Rep	RPE	Band	Rep	RPE	Band	Rep	RPE	Band	Rep	RPE
Shoulder external rotation *																	
Squat																	
Standing face pull*																	
Single leg standing calf-rise																	
Turkish get-up																	
Woodcutter rotation *																	
Single leg glute bridge																	
Modified plank																	
Commentary of the session: <div></div>																	

\*Exercises with elastic band