



| Trainer: | | | Date: | | | Time: | | | Week: | | | Grupo: | | | LEVEL 3 TRAINING SESSION 1 | | |
|--|------|--------------|-------|-----|-----|-------|-----|-----|-------|-----|-----|--------|-----|-----|---------------------------------------|-----|-----|
| 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 |
| Push up | | | | | | | | | | | | | | | | | |
| Bulgarian squat | | | | | | | | | | | | | | | | | |
| Standing row* | | | | | | | | | | | | | | | | | |
| Step-ups | | | | | | | | | | | | | | | | | |
| Press pallof* | | | | | | | | | | | | | | | | | |
| Lat Pulldown* | | | | | | | | | | | | | | | | | |
| Single leg glute bridge* | | | | | | | | | | | | | | | | | |
| Advanced Dead bug* | | | | | | | | | | | | | | | | | |
| Commentary of the session: <div></div> | | | | | | | | | | | | | | | | | |

*Exercises with elastic band