



Trainer:			Date:			Time:			Week:			Grupo:			LEVEL 3 TRAINING SESSION 3		
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															
Ejercicio	Time	RPE_target	Band	Rep	RPE	Band	Rep	RPE	Band	Rep	RPE	Band	Rep	RPE	Band	Rep	RPE
Unilateral press *																	
Lateral lunge with elevation																	
Unilateral triceps kickback with inclination *																	
Single leg deadlift *																	
Seated shoulder press*																	
Standing hip adduction																	
Advanced bird-dog																	
Swimmer																	
Commentary of the session: <div></div>																	

*Exercises with elastic band