

Active Gains in brain Using Exercise During Aging

Trainer:			Date:			Time:			Week:			Group:			LEVEL 1 TRAINING SESSION 1		
Time warm up:		ID:															
Time main part:		Sleep:															
Cooldown:		Feeling_pre:															
Time end:		Feeling_post															
Sets: 3 Rest: 180" (60" Set)		N_Polar															
		Polar_Exer															
		RPE_session															
Exercise	Time	RPE_target	Band	Rep	RPE	Band	Rep	RPE	Band	Rep	RPE	Band	Rep	RPE	Band	Rep	RPE
Wall push up																	
Lunge																	
Standing row*																	
Standing hip extension on step																	
Press pallof*																	
Lat Pulldown*																	
Isometric glute bridge for hamstring																	
Modified dead bug																	
Commentary of the session			_												<u> </u>		

*Exercises with elastic band