



Active Gains in brain Using Exercise During Aging

Trainer:			Date:			Time:			Week:			Grupo:			LEVEL 3 TRAINING SESSION 2		
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
Unilateral shoulder external rotation*																	
Squat jump																	
Standing face pull*																	
Single leg standing calf-rise on step																	
Turkish get-up with ball																	
Woodcutter rotation with elastic band*																	
Single leg glute bridge for hamstring on step																	
Front plank																	
Commentary of the session: <div></div>																	

*Exercises with elastic band