



Active Gains in brain Using Exercise During Aging

Trainer:			Date:			Time:			Week:			Group:			LEVEL 1 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_session															
Exercise	Time	RPE_target	Band	Rep	RPE	Band	Rep	RPE	Band	Rep	RPE	Band	Rep	RPE	Band	Rep	RPE
Bilateral press *																	
Lateral lunge																	
Triceps kickback *																	
Deadlift *																	
Seated shoulder press*																	
Hip abduction																	
Modified bird-dog																	
Modified superman																	
Commentary of the session: <div></div>																	

*Exercises with elastic band