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:

*Exercises with elastic band