



Active Gains in brain Using Exercise During Aging

Trainer:			Date:			Time:			Week:			Group:			LEVEL 2 TRAINING SESSION 1		
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
Incline push up																	
Walking lunge																	
Standing row*																	
Standing hip extension on step*																	
Press pallof*																	
Lat Pulldown*																	
Single leg glute bridge for hamstring																	
Dead bug																	
Commentary of the session: <div></div>																	

*Exercises with elastic band