

Trainer:			Date:			Time:			Week:			Grupo:			LEVEL 3 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
Push up																	
Bulgarian squat																	
Standing row*																	
Step-ups																	
Press pallof*																	
Lat Pulldown*																	
Single leg glute bridge*																	
Advanced Dead bug*																	
Commentary of the session: <div></div>																	

*Exercises with elastic band