



Active Gains in brain Using Exercise During Aging

Trainer:			Date:			Time:			Week:			Grupo:			LEVEL 2 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_total															
Exercise	Time	RPE_target	Band	Rep	RPE	Band	Rep	RPE	Band	Rep	RPE	Band	Rep	RPE	Band	Rep	RPE
Unilateral press*																	
Walking lateral lunge																	
Triceps kickback with inclination *																	
Deadlift *																	
Seated shoulder press*																	
Side lying hip abduction																	
Bird-dog																	
Superman																	
Commentary of the session: <div></div>																	

*Exercises with elastic band