

# HST: Week 1

<b>15RM</b>	Date:		Date:		Date:	
	Reps	Weight	Reps	Weight	Reps	Weight
<b>Rest: 30-90 Seconds</b>						
<b>Exercise 1:</b> _____ No Rest	WU __		WU __		WU __	
<b>Exercise 2:</b> _____ 60 Seconds Rest						
<b>Exercise 3:</b> _____ No Rest						
<b>Exercise 4:</b> _____ 60 Seconds Rest						
<b>Exercise 5:</b> _____ No Rest						
<b>Exercise 6:</b> _____ 60 Seconds Rest						
<b>Exercise 7:</b> _____ No Rest						
<b>Exercise 8:</b> _____ 60 Seconds Rest						
<b>Exercise 9:</b> _____ No Rest						
<b>Exercise 10:</b> _____ 60 Seconds Rest						
<b>Exercise 11:</b> _____ No Rest						
<b>Exercise 12:</b> _____ 60 Seconds Rest						
<b>Cardiovascular Training</b> Type: _____		Date:		Date:		
		%MHR:	Time:	%MHR:	Time:	

