

HST: Week 7

5RM +	Date:		Date:		Date:	
	Reps	Weight	Reps	Weight	Reps	Weight
Rest: 3-4 Minutes						
Exercise 1: _____ 0-120 Seconds Rest	WU __					
Exercise 2: _____ 120 Seconds Rest						
Exercise 3: _____ 0-120 Seconds Rest						
Exercise 4: _____ 120 Seconds Rest						
Exercise 5: _____ 0-120 Seconds Rest						
Exercise 6: _____ 120 Seconds Rest						
Exercise 7: _____ 0-120 Seconds Rest						
Exercise 8: _____ 120 Seconds Rest						
Exercise 9: _____ 0-120 Seconds Rest						
Exercise 10: _____ 120 Seconds Rest						
Exercise 11: _____ 0-120 Seconds Rest						
Exercise 12: _____ 120 Seconds Rest						
Cardiovascular Training Type: _____		Date:		Date:		
		%MHR:	Time:	%MHR:	Time:	