

HST: Week 8

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: