NAME:_____ THR:_____

UCR | Wellness Program

Exercise Guidelines (Source: American College of Sports Medicine)

Warm Up	5-10 minutes of light cardiovascular exercise
Cardiovascular	At least 30 minutes of activity, 5 times per week, within Target Heart Rate (THR)
Target Heart Rate (THR)	60-85% of max 60%_____ 85%_____
Cool Down	5-10 minutes of light cardiovascular exercise, followed by stretching for 5-10 minutes
Strength Training	Every major muscle group twice a week

Warm Up Instructions:

CARDIOVASCULAR

Program Instructions:

Activities		**Date:**																														
	Program	Level																														
	Time	HR																														
	Program	Level																														
	Time	HR																														
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	Program	Level																														
	Time	HR																														
	Program	Level																														
	Time	HR																														

GROUP EXERCISE

Class Name	**Date:**														
	Time														
	THR														
	Time														
	THR														
	Time														
	THR														
	Time														
	THR														

If you have any questions about your program, please contact your Wellness Professional.

NAME:_____ THR:_____

STRENGTH TRAINING

Program Instructions:

Exercises	Date:														
	Weight														
	Sets / Reps														
	Weight														
	Sets / Reps														
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COOL DOWN/STRETCHING Instructions:

If you have any questions about your program, please contact a health/fitness professional

If you have any questions about your program, please contact your Wellness Professional.