

____ of ____

Date



NROL4W: Stage 6 Workout A



| | | | |
|--------------|----------------------|-----------------|--|
| duration | | avg heart rate | |
| start time | | heart rate zone | |
| energy level | 1 2 3 4 5 6 7 8 9 10 | time in zone | |
| exertion | 1 2 3 4 5 6 7 8 9 10 | calories | |



warmup

_____ min elliptical

_____ min bike

_____ min walk/run

_____ min rowing

plate rotations

warmup lift

high knee/high leg

lunge/4arm-instep



negative chin-up

weight _____ rep range **1** rest **60s**

set 1 / / set 2 / / set 3 / /



underhand lat pulldown

weight _____ rep range **2/*** rest **60/45/30/15**

set 1 / / set 2 / / set 3 / / set 4 / / set 5 / /

set 6 / / set 7 / / set 8 / / set 9 / / set 10 / /



barbell split squat

weight _____ rep range **10/8/6/4/10** rest **60s**

set 1 / / set 2 / / set 3 / /



push-up

weight _____ rep range **10/8/6/4/*** rest **60s**

set 1 / / set 2 / / set 3 / /



exercise

weight _____ rep range _____ tempo _____ rest _____

set 1 / / set 2 / / set 3 / / set 4 / / set 5 / /

exercise

weight _____ rep range _____ tempo _____ rest _____

set 1 / / set 2 / / set 3 / / set 4 / / set 5 / /

exercise

weight _____ rep range _____ tempo _____ rest _____

set 1 / / set 2 / / set 3 / / set 4 / / set 5 / /

notes

*as many reps as possible
