

NRoL Abs Phase ___ Workout ___ # ___ of 6 or 8

Rotation # ___

date _____

vitals

start time											avg heart rate
duration											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

dynamic warmup

	exercise	reps/distance
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

core

<input type="checkbox"/>	_____	sets: _____	reps: _____	rest: _____
<i>detail</i>				
<input type="checkbox"/>	_____	sets: _____	reps: _____	rest: _____
<i>detail</i>				
<input type="checkbox"/>	_____	sets: _____	reps: _____	rest: _____
<i>detail</i>				
<input type="checkbox"/>	_____	sets: _____	reps: _____	rest: _____
<i>detail</i>				

metabolic (optional)

<input type="checkbox"/>	_____
total # sets/minutes: _____	

power/extra strength

<input type="checkbox"/>	sets: _____	reps: _____	rest: _____
	weight	reps	rest
set 1			
set 2			
set 3			
set 4			
set 5			
<input type="checkbox"/>	sets: _____	reps: _____	rest: _____
	weight	reps	rest
set 1			
set 2			
set 3			
set 4			
set 5			

strength

<input type="checkbox"/>	sets: _____	reps: _____	rest: _____	
	weight	reps	rest	
set 1				
set 2				
set 3				
set 4				
alternating sets	<input type="checkbox"/>	sets: _____	reps: _____	rest: _____
		weight	reps	rest
	set 1			
	set 2			
set 3				
set 4				
alternating sets	<input type="checkbox"/>	sets: _____	reps: _____	rest: _____
		weight	reps	rest
	set 1			
	set 2			
set 3				
set 4				
alternating sets	<input type="checkbox"/>	sets: _____	reps: _____	rest: _____
		weight	reps	rest
	set 1			
	set 2			
set 3				
set 4				