



Tiftarea YMCA
PFP

Personal Fitness
Program

START DATE: _____

Name: _____

Week: _____

Max HR 220-(Age)=	Rest HR Avg 3 Upon Wake	Reserve HR MHR-RHR
Lower Target HR (ReserveHR)*.60	High Target HR (ReserveHR)*.80	

		DAY 1				DAY 2				DAY 3				DAY 4			
LEG PRESS	LBS																
	REPS	12-15				12-15				12-15				12-15			
	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
Chest Press (1)	LBS																
	REPS	12-15				12-15				12-15				12-15			
	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
Lat PullDown (05)	LBS																
	REPS	12-15				12-15				12-15				12-15			
	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
Shoulder Press (04)	LBS																
	REPS	12-15				12-15				12-15				12-15			
	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
AB Coaster	LBS																
	REPS	15-20				15-20				15-20				15-20			
	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
Back Extesion	LBS																
	REPS	12-15				12-15				12-15				12-15			
	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4

CARDIO	TIME																
	DIST																
	SPEED																
	INCLINE																