# HST: Cycle [ ]

M : T : 64 -	Date:		Date:		Date:		
Maximum Lifts	15RM	Weight	10RM	Weight	5RM	Weight	
	WU		WU_		WU		

15DN/	Date:		Date:		Date:		
15RM	Reps	Weight	Reps	Weight	Reps	Weight	
Rest: 30-90 Seconds		•					
Exercise 1:No Rest	WU_		WU		WU		
Exercise 2:60 Seconds Rest							
Exercise 3:No Rest						_	
Exercise 4:60 Seconds Rest							
Exercise 5:No Rest							
Exercise 6: 60 Seconds Rest		-					
Exercise 7:No Rest						_	
Exercise 8: 60 Seconds Rest						_	
Exercise 9:No Rest		-					
Exercise 10:60 Seconds Rest						_	
Exercise 11:No Rest							
Exercise 12: 60 Seconds Rest		-					
Cardiovascular Training Type:		Date:		Date:	2. Ti	ne:	

1 <i>5</i> DN//	Date:			Date:			Date:			
15RM	Reps	Weight		Reps	V	Veight		Rep	s	Weight
Rest: 30-90 Seconds			<u> </u>				_			
Exercise 1:No Rest	WU_			WU				WU_	_	
Exercise 2:60 Seconds Rest										
Exercise 3:No Rest										
Exercise 4:60 Seconds Rest		-								
Exercise 5:No Rest										
Exercise 6: 60 Seconds Rest		-								
Exercise 7:No Rest										
Exercise 8:60 Seconds Rest		-								
Exercise 9:No Rest										
Exercise 10: 60 Seconds Rest										
Exercise 11:No Rest		-								
Exercise 12: 60 Seconds Rest		-								
Cardiovascular Training Type:	Date:		Т:	na•		Date:	<b>D</b> •		Tim	a•
-JP**	%MF	1K:	Tin	ne:		%MH	Κ:		Time	e:

1001/	Date:	Date:			Date:		
10RM	Reps	Weight	Reps	Weight	Reps	Weight	
Rest: 30-90 Seconds	ļ.	ļ					
Exercise 1:No Rest	WU_	-	WU_		WU	-	
Exercise 2: 60 Seconds Rest							
Exercise 3:No Rest							
Exercise 4:60 Seconds Rest		-					
Exercise 5:No Rest							
Exercise 6: 60 Seconds Rest		-		_		-	
Exercise 7:No Rest		-					
Exercise 8: 60 Seconds Rest		-					
Exercise 9: No Rest				-			
Exercise 10: 60 Seconds Rest		-		_		_	
Exercise 11:No Rest							
Exercise 12: 60 Seconds Rest		-				_	
Cardiovascular Training Type:		Date:		Date:	R: Tir	ne:	

10DM	Date:		Date:		Date:		
10RM	Reps	Weight	Reps	Weight	Reps	Weight	
Rest: 30-90 Seconds		,	,				
Exercise 1:No Rest	WU		WU_		WU	-	
Exercise 2:60 Seconds Rest							
Exercise 3:No Rest						-	
Exercise 4: 60 Seconds Rest						-	
Exercise 5:No Rest							
Exercise 6: 60 Seconds Rest							
Exercise 7:No Rest							
Exercise 8: 60 Seconds Rest						-	
Exercise 9:						-	
Exercise 10:60 Seconds Rest						-	
Exercise 11:No Rest						-	
Exercise 12: 60 Seconds Rest						-	
Cardiovascular Training Type:	Date:	1	Гіте:	Date:	R: Tin	ie.	

5DM	Date:		Date:		Date:		
5RM	Reps	Weight	Reps	Weight	Reps	Weight	
Rest: 3-4 Minutes	,	,					
Exercise 1:No Rest	WU		WU_		WU		
Exercise 2:							
Exercise 3:No Rest						-	
Exercise 4:						-	
Exercise 5:No Rest						-	
Exercise 6:						_	
Exercise 7:No Rest						-	
Exercise 8:						-	
Exercise 9:No Rest						-	
Exercise 10: 120 Seconds Rest						-	
Exercise 11:No Rest						-	
Exercise 12: 120 Seconds Rest						-	
Cardiovascular Training	Date:			Date:	_		
Type:	%MH	IR:	Гіте:	%MHI	R: Tin	ne:	

5DM	Date:		Date:		Date:		
5RM	Reps	Weight	Reps	Weight	Reps	Weight	
Rest: 3-4 Minutes	,	<u> </u>		<u>,                                    </u>			
Exercise 1:	WU_		WU_		WU_		
Exercise 2:						-	
Exercise 3:				-		-	
Exercise 4:						_	
Exercise 5:				-		-	
Exercise 6:						_	
Exercise 7:				-		-	
Exercise 8:				_		-	
Exercise 9:				-		-	
Exercise 10: 120 Seconds Rest						-	
Exercise 11:							
Exercise 12:						-	
Cardiovascular Training	Date:			Date:			
Type:	%MH	IR:	Γime:	%МНІ	R: Tin	ne:	

FDM .	Date:		Date:		Date:		
5RM +	Reps	Weight	Reps	Weight	Reps	Weight	
Rest: 3-4 Minutes	•	•		•	-		
	WU		WU_		WU		
Exercise 1: 0-120 Seconds Rest							
Exercise 2:							
Exercise 3:							
Exercise 4:							
		<u> </u>	_		, <del></del>		
Exercise 5:							
Exercise 6:							
Exercise 7:							
Exercise 8:							
Exercise 9:							
Exercise 10:							
Exercise 11:							
Exercise 12:							
Cardiovascular Training	Date:			Date:			
Type:	%MF	%MHR:		%МН	IR: Ti	me:	

FDM .	Date:		Date:		Date:		
5RM +	Reps	Weight	Reps	Weight	Reps	Weight	
Rest: 3-4 Minutes	•	•		•	-		
	WU		WU_		WU		
Exercise 1: 0-120 Seconds Rest							
Exercise 2:							
Exercise 3:							
Exercise 4:							
		<u> </u>	_		, <del></del>		
Exercise 5:							
Exercise 6:							
Exercise 7:							
Exercise 8:							
Exercise 9:							
Exercise 10:							
Exercise 11:							
Exercise 12:							
Cardiovascular Training	Date:			Date:			
Type:	%MF	%MHR:		%МН	IR: Ti	: Time:	