

CARDIO LOG DIRECTIONS



Any type of cardio done outside of your training sessions should be written on your Cardio Log. Please bring all logs to your next biosig so we can track what you're doing outside of training.

Date: This is the day you completed the cardio training

Type of Exercise: This can be anything from doing the Prowler before your sessions, to running on the treadmill at the gym, going for a bike ride, going for a walk, etc.

Duration: How long did your cardio session last? If you don't know the exact time, a rough estimate is better than nothing. If you are doing the Prowler, # of walks would also be acceptable if you don't know how long it took you.

Location: Where you at AST? On the bike path on Lake Shore Drive? Treadmill at Bally? Doing the Prowler in the garage?

Incline/Weights: In this section, please write the incline of your treadmill for the duration of your exercise, if the trail you were on was flat or not, or how much weight you added to the prowler, etc.