



EXERCISE PROGRAM

Name: _____

A

EXERCISES	SETS	REPS	WEIGHT	REST	RPE	TIME	DIST	NOTES

**RPE = Rate of Perceived Exertion: L/M/V=Light/Moderate/Vigorous

B

EXERCISES	SETS	REPS	WEIGHT	REST	RPE	TIME	DIST	NOTES

**RPE = Rate of Perceived Exertion: L/M/V=Light/Moderate/Vigorous

Helping you meet your rehab goals, today!