## HIGH DOSE MET 80-90 MINUTES | NAME:

Treatment	1 date	<b>2</b> date	<b>3</b> date	4 date	<b>5</b> date	<b>6</b> date	7 date	8 date	<b>9</b> date	10 date	11 date	12 date
Exercises												
	Borg scale/Time											
	Weight/Sets/Reps/Time											
	Weight/Sets/Reps/Time											
	Weight/Sets/Reps/Time											
	Borg scale/Time											
	Weight/Sets/Reps/Time											
	Weight/Sets/Reps/Time											
	Weight/Sets/Reps/Time											
	Weight/Sets/Reps/Time											
	Weight/Sets/Reps/Time											
	Borg scale/Time											

## HIGH DOSE MET 80-90 MINUTES | NAME:

Treatment	13 date	14 date	15 date	16 date	17 date	18 date	19 date	20 date	21 date	22 date	23 date	24 date
Exercises												
	Borg scale/Time											
	Weight/Sets/Reps/Time											
	Weight/Sets/Reps/Time											
	Weight/Sets/Reps/Time											
	Borg scale/Time											
	Weight/Sets/Reps/Time											
	Weight/Sets/Reps/Time											
	Weight/Sets/Reps/Time											
	Weight/Sets/Reps/Time											
	Weight/Sets/Reps/Time											
	Borg scale/Time											

## HIGH DOSE MET 80-90 MINUTES | NAME:

Treatment	25 date	26 date	<b>27</b> date	28 date	29 date	30 date	31 date	32 date	33 date	34 date	35 date	36 date
Exercises												
	Borg scale/Time											
	Weight/Sets/Reps/Time											
	Weight/Sets/Reps/Time											
	Weight/Sets/Reps/Time											
	Borg scale/Time											
	Weight/Sets/Reps/Time											
	Weight/Sets/Reps/Time											
	Weight/Sets/Reps/Time											
	Weight/Sets/Reps/Time											
	Weight/Sets/Reps/Time											
	Borg scale/Time											