

# LSUHSC Wellness Center Exercise Chart

Name:				Beginning Date:			
Date							
Resistance Training	seat pad	sets reps	sets reps	sets reps	sets reps	sets reps	Weight
Cardiovascular	Mets	HR	Mets	Speed	Incline	Heart Rate	
Treadmill						Max	
Elliptical						90%	
Recumbent Bike						85%	
Upright Bike						80%	
Stair Master						75%	
Rower Machine						70%	
Flexibility	Sec.	Sec.	Sec.	Sec.	Sec.	65%	
						60%	
						55%	
						50%	
						45%	
						40%	

**Notes:**