Schedule | Worksheets | Charts | Photos | Progress | StartPage | FitTest | Tools

Mr. / Mrs. / Miss / Ms. X

Kenpo X

Zoom 75% | Zoom 100%

(1) Heart Rate Monitor
(2) Water & Towel

Total Tape Time
58:45:00
Cardio Info =>

	(Sat)	(Sat)	(Sat)	(Wed)	(Sat)	(Sat)	(Sat)	(Wed)	(Sat)	(Sat)	(Sat)	(Sat)	(Wed)
	10/06/12	10/13/12	10/20/12	10/24/12	11/03/12	11/10/12	11/17/12	11/21/12	12/01/12	12/08/12	12/15/12	12/22/12	12/26/12
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Age	40	40	40	40	40	40	40	40	40	40	40	40	40
Estimated Max Heart Rate	180	180	180	180	180	180	180	180	180	180	180	180	180
Zone: Lower Limit THR	90	90	90	90	90	90	90	90	90	90	90	90	90
Zone: Upper Limit THR	162	162	162	162	162	162	162	162	162	162	162	162	162
Actual Average HR													
Cardio Time (Approx)	41	41	41	41	41	41	41	41	41	41	41	41	41
Time in Zone (Min) ==>													
Time in Zone (%)	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
WARM-UP 11:50													
Twist & Pivot 50x													
Twist & Pivot w/ Uppercut Hook 50x													
Jabs 60x													
Jab/Cross 50x													
Jab/Cross/Hook 50x													
Jab/Cross/Hook/Upper cut 50x													
Step Drag Punch High & Low 60x													
Jab/Cross Switch 40x													
Hook/Uppercut Switching 40x													
Knee Kicks 50x													
Ball Kicks 60x													
Side Kicks 60x													
Back Kicks 50x													
Three Direction Kicks 16x													
High Sword/Low Hammer 30x													
Step/Drag/Claw/Low Punch 50x													
High Blocks 30x													
Inward Blocsk 30x													