

Cardio Training Log

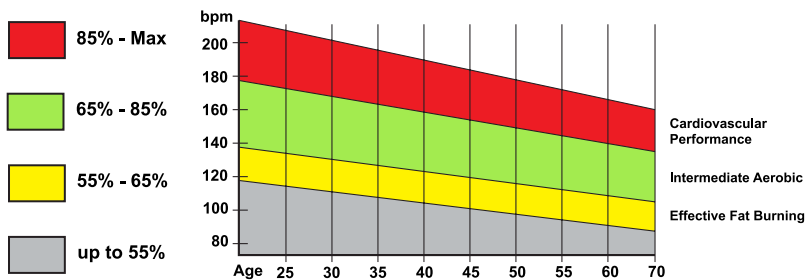


YMCA of
Newfoundland and Labrador

Name: _____

Start Date: _____

Machine	Date	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F		
Elliptical	Minutes																					
	Avg. Heart rate																					
Treadmill	Minutes																					
	Avg. Heart rate																					
Step Machine	Minutes																					
	Avg. Heart rate																					
Upright Bike	Minutes																					
	Avg. Heart rate																					
Recumbent Bike	Minutes																					
	Avg. Heart rate																					
Concept 2 Rower	Minutes																					
	Avg. Heart rate																					
Arc Trainer	Minutes																					
	Avg. Heart rate																					
Jogging	Minutes																					
	Avg. Heart rate																					
Walking	Minutes																					
	Avg. Heart rate																					
Aerobic Class	Minutes																					
	Avg. Heart rate																					
Handball, Squash or Racquetball	Minutes																					
	Avg. Heart rate																					
Other	Minutes																					
	Avg. Heart rate																					



All new Y members are entitled to a free orientation.
Please see the membership sales and service desk for more information.
YMCA Personal trainers can help you stay motivated and help you meet your goals.

YMCA of Newfoundland and Labrador
www.ymcanl.com

Charitable Registration #108225533RR0001