

# RESISTANCE TRAINING LOG

Cardiac Rehabilitation Phase II/III

Name: \_\_\_\_\_

Week Ending: \_\_\_\_\_

Target RPE: 11-14

EXERCISE	DATE: __/__/__	DATE: __/__/__	DATE: __/__/__	NOTES / LIMITS
Chest Press				
Seated Row				
Leg Press				
Leg Extension				
Bicep Curl				
Tricep Extension				
Shoulder Press				
Core / Abdominal				

\*Record Weight x Repetitions (e.g., 10lbs x 12) and RPE for each session.

**Borg RPE Scale (6-20) Reminder:**

**6-8**  
Very Light  
**9-11**  
Fairly Light

**12-14**  
Somewhat Hard  
**15-17**  
Hard  
**18-20**  
Very Hard

**Safety Warning:** Stop exercise immediately if you experience chest pain, dizziness, palpitations, or unusual shortness of breath. Maintain steady breathing; do not hold your breath (Valsalva maneuver).