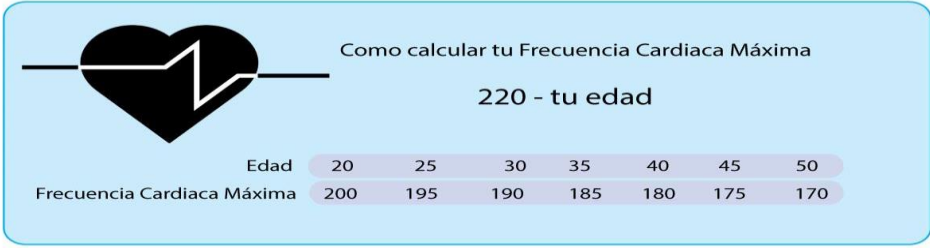


| | |
|------------------------------------|--|
| <i>Anthropometric information:</i> | |
| <i>Weight:</i> | |
| <i>Height:</i> | |

| | | | | | | | | | | | | | | | | | | |
|---|-----------------------------------|------|-----|-----|-----|-----|-----|----|----|----------------------------|-----|-----|-----|-----|-----|-----|-----|----------------------------------|
| <i>Mark your physical activity zones to be able to develop your training properly:</i> | | | | | | | | | | | | | | | | | | |
|  <p>Como calcular tu Frecuencia Cardiaca Máxima</p> <p>220 - tu edad</p> <table border="1"> <tr> <td>Edad</td> <td>20</td> <td>25</td> <td>30</td> <td>35</td> <td>40</td> <td>45</td> <td>50</td> </tr> <tr> <td>Frecuencia Cardiaca Máxima</td> <td>200</td> <td>195</td> <td>190</td> <td>185</td> <td>180</td> <td>175</td> <td>170</td> </tr> </table> | | Edad | 20 | 25 | 30 | 35 | 40 | 45 | 50 | Frecuencia Cardiaca Máxima | 200 | 195 | 190 | 185 | 180 | 175 | 170 | <i>My maximum heart rate is:</i> |
| Edad | 20 | 25 | 30 | 35 | 40 | 45 | 50 | | | | | | | | | | | |
| Frecuencia Cardiaca Máxima | 200 | 195 | 190 | 185 | 180 | 175 | 170 | | | | | | | | | | | |
| ZONA 1 | <i>50-60% maximum heart rate</i> | | | | | | | | | | | | | | | | | |
| ZONA 2 | <i>60-70% maximum heart rate</i> | | | | | | | | | | | | | | | | | |
| ZONA 3 | <i>70-80% maximum heart rate</i> | | | | | | | | | | | | | | | | | |
| ZONA 4 | <i>80-90% maximum heart rate</i> | | | | | | | | | | | | | | | | | |
| ZONA 5 | <i>90-100% maximum heart rate</i> | | | | | | | | | | | | | | | | | |

| <i>PHYSICAL FITNESS TRAINING METHODS</i> | |
|--|--|
| <i>Basic physical skill worked</i> | <i>How to do it, describe the method</i> |
| <i>Strength - Stamina Circuit training</i> | <i>For time or repetitions:</i> |
| | <i>AMRAP:</i> |
| | <i>EMOM:</i> |
| <i>Strength - Stamina Total Training</i> | |
| <i>Stamina Cross walk</i> | |
| <i>Stamina Continuous run</i> | |
| <i>Stamina Fartlek</i> | |
| <i>Stamina Interval training</i> | |
| <i>Flexibility Static active</i> | |
| <i>Flexibility Pasive</i> | |
| <i>Flexibility FNP</i> | |