**PACE Workout Log**

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| **Exercise:** |  |  |  | **Warm Up:** |  |  | **Date:** |  |
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| **Set 1** |  |  |  | **Set 2** |  |  |  | **Set 3** |  |
|  |  |  |  |  |  |  |  |  |  |
| **Exertion** |  | **Recovery** | **Exertion** |  | **Recovery** |  | **Exertion** |  | **Recovery** |
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| **Additional Sets:** |  |  |  |  |  |  |  |  |  |  |  |
| **Set 4** |  |  |  | **Set 5** |  |  |  | **Set 6** |  |
|  |  |  |  |  |  |  |
| **Exertion** |  | **Recovery** | **Exertion** |  | **Recovery** |  | **Exertion** |  | **Recovery** |
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**Maximum Heart Rate:** **Exertion (1 to 10):**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercise:** |  |  |  | **Warm Up:** |  |  | **Date:** |  |
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| **Set 1** |  |  |  | **Set 2** |  |  |  | **Set 3** |  |
|  |  |  |  |  |  |  |  |  |  |
| **Exertion** |  | **Recovery** | **Exertion** |  | **Recovery** |  | **Exertion** |  | **Recovery** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Additional Sets:** |  |  |  |  |  |  |  |  |  |  |  |
| **Set 4** |  |  |  | **Set 5** |  |  |  | **Set 6** |  |
|  |  |  |  |  |  |  |
| **Exertion** |  | **Recovery** | **Exertion** |  | **Recovery** |  | **Exertion** |  | **Recovery** |
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**Maximum Heart Rate:** **Exertion (1 to 10):**