

McLaren Print System Order

Order No: 50240
 Order Date: 2019-11-12
 User: Liz Birchmeier
 Phone: 22085

Ship Location: Cardiac Rehab
 401 S, Ballenger Hwy
 Flint, mi 48532

Forms

Quantity: 1000
 Paragon Dept No: 35700
 Dept Name: Cardiac Rehab
 Company Number: 60

Order Total Price: 0.00

Item Number: 17241
 Item Description: CRE_Activity_Record_Phase_4
 Revision Date: 3/2018
 Print: 2 sided black and white
 Paper: 20# White Text
 Size: 8.5 x 11
 Fold:
 Finish: None
 Drill: None
 Misc Info:

McLaren Flint - Cardiac Rehab Phase 4 MV

CARDIOVASCULAR EXERCISE (45 minutes per session minimum)		Weight Lifting/Resistance Exercise (optional)
Bikes:	Workload	
MC - Manual Cycle (400 Dym)	*Turns	BP - Bench Press
RE - Recumbent Bike	*Watts	AB - Abdominal Crunch
UL - Upright Bike (Schwinn)	*Watts	LP - Lat Pull Down
Stairers:		SC - Single Curls
MS - Mini Step/Recumbent Stepper	*Watts	TE - Tricep Extensions
ES - Upright Stepper/Mini Step	*Flights per minute/Level	FD - Flat Deck Butterfly
Ellipticals:		LE - Leg Extension
RE - Recumbent Elliptical (Schwinn)	*Watts	LC - Leg Curl
ES - Upright Elliptical	*Strides per minute/Level	
Weightrooms:		
RP - Rowing Machine	*Watts	
AC - Arm-Crank (Monark)	*Watts	
TR - Treadmill	*Speed/Grade	

Please follow numbered sequence for charting.

1 Date _____ 2 Weight _____ 3 Resting SP _____ 4 Resting HR _____ 5 Warm-up (3-5 minutes)

6A Cardiovascular Exercise	Time	Workload	Pulse/HR	6B Weightlifting	Weight	Sets	Reps

7 Cool-down (3-5 Minutes) 8 Recovery HR _____ (Recovery HR should be less than 100bpm)

9 Signature _____

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