

FORM 6.4 Cardiovascular Prescription Card

Client name	Trainer name
Client goals	Special considerations

Circulatory Warm-Up			
Equipment and mode	Workload	Time	HR/PE objective

Stretching Warm-Up	
Name and brief description	Guidelines

Cardiovascular Workout
Intensity training range
Lower limit: ____%HRR ($\dot{V}O_2R$) ____ beats/min ____ RPE ____ (METs) Upper limit: ____%HRR ($\dot{V}O_2R$) ____ beats/min ____ RPE ____ (METs)

	Equipment	Training method	Frequency	kcal/session
1				
2				

(continued)

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Phase	Workload	Time	Phase	Workload	Time
Warm-up			Warm-up		
Peak			Peak		
Cool-down			Cool-down		

Interval Training Prescription						
Set	Reps	Work time	(Relief time)	Ratio	Intensity	

Progression and Monitoring
Phase (weeks):

Cool-Down	
Name and brief description	Guidelines

Note: HR = heart rate; PE = perceived exertion; HRR = heart rate reserve; $\dot{V}O_2R = \dot{V}O_2$ reserve; MET = metabolic equivalent; RPE = rating of perceived exertion.

From J.C. Griffin, 2015, *Client-centered exercise prescription*, 3rd ed. (Champaign, IL: Human Kinetics).