

# RESTING & RECOVERY

## HEART RATES

DATE	_____	_____	_____	_____
RESTING				
RECOVERY				

DATE	_____	_____	_____	_____
RESTING				
RECOVERY				

DATE	_____	_____	_____	_____
RESTING				
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**DISCLAIMER:**

The workout plans, yoga flows, nutrition tips and healthy lifestyle advice shared through our website and/or PDF guides is aimed at healthy adult women and is not a substitute for medical advice or treatment for specific medical conditions.

If you experience any pain or difficulty while doing any exercise described, including sudden dizziness, chest pain, an irregular heartbeat, weakness or unusual shortness of breath, immediately stop exercising and consult your health care provider.

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