

# TRAINING JOURNAL

BEFORE YOU BEGIN, WATCH THIS: www.PNMedical.com/Voice

<b>STARTING</b>	DATE:	/ /

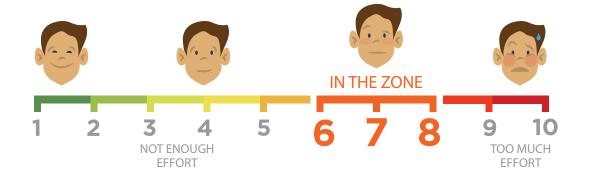
#### PROTOCOL:

\_\_ sets of \_\_ reps per session, \_\_ sessions per day \_\_ days per week with effort maintained **IN THE ZONE**.

WEEK 1	SUN		MON		TUE		WED		THU		FRI		SAT	
	AM	PM												
INHALE/EXHALE														
REPS/SETS COMPLETED														
RATE YOUR EFFORT														

During respiratory Muscle Training with **Breather Voice** you will experience the greatest benefit if you keep your effort level **IN THE ZONE**. For more information on this check out the training videos at

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STARTING DATE: \_\_\_ /\_\_\_/\_\_

#### PROTOCOL:

3 sets of 10 reps per session, 2 sessions per day 6 days per week with effort maintained IN THE ZONE.

WFFK 1	SUN		MON		TUE		WED		THU		FRI		SAT	
VVEEIX	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
INHALE/EXHALE			1 1	1	1	1	1 2	1/2	1/2	1/2	1/2	1/2	1/2	1 / 2
REPS/SETS COMPLETED			10/3	10/3	10/3	10/3	10/3	10/3	10/3	10/3	10/3	10/3	10/3	10/3
RATE YOUR EFFORT			6	6	5	5	7	7	7	7	7	6	6	6

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STARTING DATE: _	/_	/_												
PROTOCOL:														
TROTOCOL.														
sets of reps per se	ession,	ses	ssions	per da	ау (	days p	er wee	ek with	effort	maint	ained	IN TH	E ZON	E.
WEEK 1	SL AM	JN PM	M( AM	ON PM	TL AM	JE PM	WE AM	ED PM	TH AM	IU PM	FI AM	RI PM	SA AM	T PM
INHALE/EXHALE														
REPS/SETS COMPLETED														
RATE YOUR EFFORT														
WEEK 2	SI AM	JN PM	MO AM	ON PM	TI AM	JE PM	WI AM	ED PM	TH AM	HU PM	F AM	RI PM	SA AM	AT PM
INHALE/EXHALE														
REPS/SETS COMPLETED														
RATE YOUR EFFORT														
WEEK 3	SI AM	JN PM	AM	ON PM	TI AM	JE PM	WI AM	ED PM	TH AM	HU PM	F AM	RI PM	SA AM	AT PM
INHALE/EXHALE														
REPS/SETS COMPLETED														
RATE YOUR EFFORT														
			1											
WEEK 4	AM	UN PM	AM	ON PM	AM	UE PM	AM	ED PM	TH AM	HU PM	AM	RI PM	SA AM	AT PM
INHALE/EXHALE														
REPS/SETS COMPLETED														
RATE YOUR FEFORT														