



## PHASE III / ADULT FITNESS PROGRAM

University of Michigan Cardiovascular Center

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Date	Wt.	Rest												-			Final
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Developed by Preventive Cardiology, UMHS.

For questions about exercise, call the exercise co	onsultants at:
Cardiovascular Center	734-936-5627
Cardiovascular Medicine at Domino's Farms	734-998-5666 or 647-7321