Client’s Name:

Program:

\*Rest period: 30 seconds – 1 minute

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **EXERCISES** | **SETS** | **REPS**  | **WEIGHT** | **NOTES** |
| Warm-up* 5-10 minutes
 | -anything that incorporates your whole body and brings up your heart rate to the point where you feel your body feeling warm/hot  |
|  |  |  |  |  |  | -get someone to spot you to make sure you’re doing it right |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Cool Down * 5-10 minutes
 | -treadmill jog-elliptical |
| Stretches* 30 seconds each
 | -stretch all major muscle groups-especially stretch muscles that were worked-ask me if you don’t know any stretches to do |