Client’s Name:

Program:

\*Rest period: 30 seconds – 1 minute

|  |  |  |  |  |
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| **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 | | | |