



## Exercise Program Form

Designed for \_\_\_\_\_ Address \_\_\_\_\_  
C/S/Z \_\_\_\_\_ Tel. \_\_\_\_\_ Date \_\_\_\_\_

### Part 1

- \_\_\_ Minute breathing exercise.
- \_\_\_ Second holding breath.
- \_\_\_ Minute step full body warm up.
- \_\_\_ Minute flexibility stretch warm up.

**Includes:**  Neck  Shoulders  Arms  Hips  Knees  Legs  Ankles back.

**Cardiovascular training:** \_\_\_ Minutes total. \_\_\_ Minute warm up. \_\_\_ Cool down.

- Thread mill  Bike  Recumbent bike  Floor hip bike work out  Boxing ball  Jump rope
- Stationery jogger  Stationery jumping jacks  Elliptical  Arm circles  Martial arts forms and kicks

### Strength tanning:

- Chest:**  Peck fly  Free weights  Push-ups  Chin-ups  Pull ups
- Shoulder:**  Free weights  Posterior deltoids  Medal deltoids  Anterior deltoids
- Back:**  Supported seated row  Superman fly  Free weights
- Legs:**  Lunges  Squats  Leg press  Swiss ball

Triceps / bicep's    Free weights,  
Core tanning / Abdominal    Sit ups    Leg raises    Hip raises    Leg raises    Pilates stretches  
Side to side sit-ups    Elbow to knee    V shape raises

Overhead work outs  Yes  No

\_\_\_ Muscles groups per work out    \_\_\_ Sets    \_\_\_ Reps    \_\_\_ RPM (reps percent max)

Strength training: \_\_\_ First    Cardio: \_\_\_ First.



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### Part 2

Heart rate zone target \_\_\_\_\_ - \_\_\_\_\_ Max heart rate \_\_\_\_\_

#### Karvonen method

220 - age - resting heart rate x \_\_\_\_\_ % + resting heart rate = minimum \_\_\_\_\_  
220 - age - resting heart rate x \_\_\_\_\_ % + resting heart rate = maximum \_\_\_\_\_

BP not more than \_\_\_\_\_ / \_\_\_\_\_

Pulses \_\_\_\_\_

Sugar level \_\_\_\_\_

Symptoms to notice to stop work out:

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Sweat level \_\_\_\_\_ Continue \_\_\_\_\_ Take break for \_\_\_\_\_ Minutes

Cough, continue  Yes  No

Eat \_\_\_\_\_ Hours before work out.

Drink water \_\_\_\_\_ cup before work out, \_\_\_\_\_ Cup at work out, \_\_\_\_\_ Cup after work out.

Cardio \_\_\_\_\_ times a week      Strength training \_\_\_\_\_ times a week

Wait \_\_\_\_\_ Days between workouts.

Full body workout, Cardio and strength  Yes  No