



Program design

Clients name _____ clients id _____ date start _____ date end _____

Weeks _____ rest days between workouts _____

Times per week _____ time per work out including rest period's _____

Total sets _____ total reps _____ total volume in weight _____

Cardio work outs ___ per week _____ minutes what type _____

Chest _____ RM _____ weight _____ tempo con/ecn _____

Sets _____ reps _____ rest period _____ total volume _____ completed _____

Back _____ RM _____ weight _____ tempo con/ecn _____

Sets _____ reps _____ rest period _____ total volume _____ completed _____

Shoulder _____ RM _____ weight _____ tempo con/ecn _____

Sets _____ reps _____ rest period _____ total volume _____ completed _____



Client id _____

Legs _____ RM _____ weight _____ tempo con/ecn _____

Sets _____ reps _____ rest period _____ total volume _____ completed _____

Triceps _____ RM _____ weight _____ tempo con/ecn _____

Sets _____ reps _____ rest periods _____ total volume _____ completed _____

Biceps _____ RM _____ weight _____ tempo con/ecn _____

Sets _____ reps _____ rest periods _____ total volume _____ completed _____

Abdominal _____ lower obloquies upper sets _____ reps _____

Total in each plane of motion _____ frontal _____ transverse _____ sagittal _____

By _____ trainer