

Resistance training


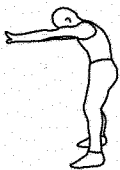

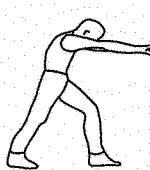


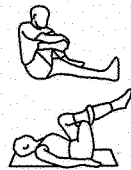
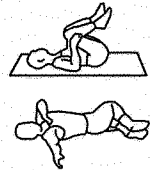

Notes, Adaptations/progressions

Exercise	Machine number	Machine adjustment	Resistance	Sets	Reps	Rest

Body weight exercises	Sets/reps/contraction time

Post-workout stretches

(Indicate which stretches to be held for 15-30 seconds)

								
Chest	Upper back	Back of upper arm	Calf	Front of thigh	Back of thigh	Outer thigh	Lower back	Inner thigh