

Gym Programme Card

Client name: _____ Date: _____



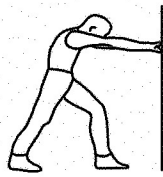


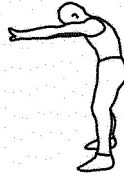

Instructor: _____

Training goals/notes: _____

Warm up

Equipment	Programme/ duration	Level	Speed	RPE/HR

Preparatory stretches static (hold for 6-10 seconds) or dynamic

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

Cardiovascular training

Equipment	Programme/ duration	Level	Speed	RPE/HR

Resistance training


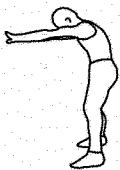



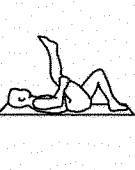

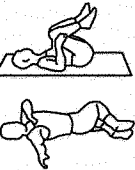

Notes, Adaptations/progressions

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