Gym Programme Card

Formative planning document

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		
B B B		<u>,</u>		
I A A				
Chest Calf	Front of Back thigh uppe		igh Upper back	Back of thigh
	arm		BOOK .	UIIIII
Cardiovascular training				
Equipment	Programme/ duration	Level	Speed	RPE/HR

No. of Concession, Name of Street, or other Persons, Name of Street, or ot	Equipment	duration	Level	opeeu 	
- 6	The state of the s				

Resistance training

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Exercise	Machine number	Machine adjustment	Resistance	Sets	Reps	Rest
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					and the second	

Body weight exercises	Sets/reps/contraction time

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

