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| **Fitness Training Program** |
|  |  |  |  |  |  |  |  |  |  |  |
|  | Name of Client |  |  |
|  | Name of the Instructor/Trainer |  |  |
|  |  |  |  |  |  |  | **Program start date** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **Client's Information** |  | **Warm-up** |  |  |  |  |  |  |
|  | Age |  |  | **Exercises** | **Reps** | **Wts (Lb)** | **Weeks** | **Frequency** | **Start** |  |
|  | Gender |  |  |   |   |   |   |   |   |  |
|  | Height (Feet) |  |  |   |   |   |   |   |   |  |
|  | Height (Inches) |  |  |   |   |   |   |   |   |  |
|  | Weight (Pounds) |  |  |   |   |   |   |   |   |  |
|  | Chest (Inches) |  |  |  |  |  |  |  |  |  |
|  | Waist (inches) |  |  | **Strength** |  |  |  |  |  |  |
|  | Body Fat |  |  | **Exercises** | **Reps** | **Wts** | **Weeks** | **Frequency** | **Start** |  |
|  | Target Body Fat |  |  |   |   |   |   |   |   |  |
|  | BMI |  |  |   |   |   |   |   |   |  |
|  | Target BMI |  |  |   |   |   |   |   |   |  |
|  |  |  |  |   |   |   |   |   |   |  |
|  | **Suggestions** |  |  |  |  |  |  |  |  |
|  |  |  | **Cardio** |  |  |  |  |  |  |
|  |  |  | **Exercises** | **Reps** | **Wts** | **Weeks** | **Frequency** | **Start** |  |
|  |  |  |   |   |   |   |   |   |  |
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|  |  |  | **Cool-down** |  |  |  |  |  |  |
|  |  |  | **Exercises** | **Reps** | **Wts** | **Weeks** | **Frequency** | **Start** |  |
|  |  |  |   |   |   |   |   |   |  |
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