

NAME:				twentylouiseven			EXERCISE PROGRAM DATE: TRAINER			
Warm Up:				Cod	ol Down:					
Activity	Stretche	s:		Activity Stretches:						
Duration	Intensity:			Duration:			Intensity:			
Resistance Training Program	m:									
Date										
Exercise:	Wt/Sets/			Wt/Sets/	Wt/Sets/	Wt/Sets/	Wt/Sets/ Wt/Set		s/	
	Reps	os Reps Reps		Reps	Reps	Reps	Reps Reps			
Cardiovascular Exercise:		-			_				_	_
Date										
Exercise:	Time/Level /Distance	Time/Level /Distance	Time/Level /Distance	Time/Level /Distance						