

CLIENT'S NAME

John Public

AGE

53

GENDER

M

RHR

72 bpm

HEIGHT (FEET)

6'

HEIGHT (IN)

0"

WEIGHT (LBS)

209 lbs

WAIST (IN)

103.5 cm

CHEST (IN)

107.5 cm

BMI

28.40

WARM-UP

Week#	Equipment	Frequency	Time	Intensity
Week 1	Treadmill	Everyday	6min	40-60%HRR
Week 2	Treadmill	Everyday	6min	40-60%HRR
Week 3	Bike	Everyday	6min	40-60%HRR
Week 4	Bike	Everyday	6min	40-60%HRR

Notes: Intensity: TargetHR(%HRR) = 110-129bpm

7-8 RPE (your own feeling - extremely light)

Start with Walk on Treadmill, use incline to adjust intensity

Maintain proper posture and spinal alignment when doing

exercise. Never lock out knees on bike, keep slight bend

CARDIOVASCULAR

Week#	Equipment	Frequency	Time	Intensity
Week 1	Treadmill	3 times	15min	55-65%HRR
Week 2	Treadmill	3 times	15min	55-65%HRR
Week 3	Stairs	3 times	15min	55-65%HRR
Week 4	Stairs	3 times	15min	55-65%HRR

Intensity: Target HR = 124-134 BPM; 9-11 RPE (light)

Brisk walk with incline, or light jog acceptable

On stairs, maintain posture and core, do not bend at back

STRENGTH

Week#	Type	Reps	Sets	Frequency	Intensity	Rest
Week 1	Full Body	8-12r	2	3days	50%1RM	45-60s
Week 2	Full Body	8-12r	2	3days	50%1RM	45-60s
Week 3	Full Body	8-12r	2	3days	50%1RM	45-60s
Week 4	Full Body	8-12r	2	3days	50%1RM	45-60s

Primarily a 3 day split. Give a Rest day between workouts.

Maintain proper spinal alignment and posturing during each movement

Each week there will be a small 5%increase in one component

Correspond weight to reps, go through full Range of Motion

Primary focus will be on Muscular endurance and core strengthening

FLEXIBILITY

Week#	Type	Sets	Time	Frequency
Week 1	Static	1	20s	Everyday
Week 2	Static	1	20s	Everyday
Week 3	Static	1	20s	Everyday
Week 4	Static	1	20s	Everyday

Most important part of the workout, prevents injury. Do not bounce,

dynamic stretching can cause injury. Breath in, exhale as you feel the stretch.

Go to tension, and not pain. Always a minimum hold of 20s. Stretches will

be based on the exercises done that day.

Note: Increase a fitness component by 5% each week.

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CURRENT WEIGHT

WARM-UP	DAY 1		DAY 2		Day 3	
EQUIPEMENT	DURATION	INTENSITY	DURATION	INENSITY	DURATION	INTENSITY
Treadmill	6min	110-129bpm; 7-8RPE	6min	110-129bpm; 7-8RPE	6min	110-129bpm; 7-8RPE

Notes: A) Use sensors for BPM; B) use speed/incline to adjust Heart rate; C)**ALWAYS do the warm-up, never skip, allow your heart to gradually come up and not spike up!

STRENGTH	DAY 1				DAY 2				DAY 3				
EXERCISES	REPS	SETS	WEIGHT	REST	REPS	SETS	WEIGHT	REST	REPS	SETS	WEIGHT	REST	
Bench Press	10	2		60s									
Peck flyes	12	2		60s									
Push-ups	10	2	N/A	45s									
Tricep Pressdown	12	2		60s									
Overhead ext(cable)	12	2		45s									
Shoulder press					10	2		60s					
Squats					12	2		60s					
Shrugs					8	2		45s					
Legs extension					10	2		45s					
Leg Curls					10	2		45s					
Int/Ext					12	3		45s					
Lat pulldown									10	2		60s	
Seated row									12	2		60s	
Olymp bar rows									12	2		60s	
Bicep Curls									10	2		45s	
Hammer curls									10	2		45s	
Forearm curls									12	3		45s	
Olymp bar twists	12	3		30s					12	3		30s	
Olymp bar punch	12	3		30s					12	3		30s	
Rollouts	12	2	N/A	30s					12	2	N/A	30s	
Superman					1	25	N/A	30s					
Russian Twists					1	20	N/A	30s					
Figure 8					1	15	N/A	30s					
Palnk	30s	1	N/A	No rest; continuous circuit	30s	1	N/A	No rest	1min	1			
Side Plank	30s	1(each)	N/A		30s	1(each)	N/A						
Bridge	30s	1	N/A		30s	1	N/A						

Notes: A)see notes pg.1; B)Always exhale on resistance,inhale on release; C)Adjust weight according to what is needed, doing full amount of reps; D)Maintain core engagement proper posture, no bending/arching at the back

CARDIO	DAY 1		DAY 2		DAY 3	
EQUIPEMENT	DURATION	INTENSITY	DURATION	INTENSITY	DURATION	INTENSITY
Treadmill	15min	124-134bpm; 9-11RPE	15min	124-134bpm; 9-11RPE	15min	124-134BPM; 9-11RPE

Notes: A) Use speed/incline to adjust HR; B) Concentrate on your breathing, and posture(neutral spine)

Flexibility	DAY 1		DAY 2		DAY 3	
STRETCHES	SETS	DURATION	SETS	DURATION	SETS	DURATION
Mod. Hurdler	1	25s(ea.)	1	25s(ea.)	1	25s(ea.)
Hinge hip	1	30s	1	30s	1	30s
Figure 4 (glutes)	1	25s(ea.)	1	25s(ea.)	1	25s(ea.)

Laying quad pull	1	25s(ea.)	1	25s(ea.)	1	25s(ea.)
Butterfly	1	30s	1	30s	1	30s
Pidgeon	1	30s(ea.)	1	30s(ea.)	1	30s(ea.)
Shoulder across	1	30s(ea.)	1	30s(ea.)	1	30s(ea.)
Overhead push	1	25s(ea.)				
Cobra/Child	1	30s(ea.)				
Open chest	1	30s				
Round-the-world			1	25s		
Heel Drop			1	25s(ea.)		
Cat/Cow					1	30s(alt.)
Lat(arm over)					1	25s(ea.)
Wrist stretch					1	25s(ea.)
Biceps stretch					1	25s(ea.)

Notes: **A)**Exhale during elongation of muscle(stretch); **B)** Do Not bounce, stay in static position to avoid injuries; **C)**Flexibility is equally as important as warm-up; ALWAYS DO IT; **D)**Neutral spine, core engagement is A MUST!

Note: Increase a fitness component by 5% each week.

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CURRENT WEIGHT

WARM-UP	DAY 1		DAY 2		Day 3	
EQUIPEMENT	DURATION	INTENSITY	DURATION	INENSITY	DURATION	INTENSITY
Treadmill	6min	110-129bpm; 7-8RPE	6min	110-129bpm; 7-8RPE	6min	110-129bpm; 7-8RPE

Notes: A) Use sensors for BPM; B) use speed/incline to adjust Heart rate; C)**ALWAYS do the warm-up, never skip, allow your heart to gradually come up and not spike up!

STRENGTH	DAY 1				DAY 2				DAY 3				
EXERCISES	REPS	SETS	WEIGHT	REST	REPS	SETS	WEIGHT	REST	REPS	SETS	WEIGHT	REST	
Bench Press	11	2		60s									
Peck flyes	12	2		60s									
Diamond Push-ups	10	2	N/A	45s									
Skull Crushers	12	2		45s									
Front Raises					10	2		50s					
Lateral Raises					10	2		50s					
Int/Ext (Abd pos)					9	3		45s					
Legs extension					10	2		45s					
Leg Curls					10	2		45s					
Squats(wtd)					25	1							
Lat pulldown									10	2		60s	
High Seated row									12	2		60s	
Bicep Curls									10	2		45s	
Hammer curls									10	2		45s	
Forearm curls									12	3		45s	
Olymp bar twists	12	3		30s					12	3		30s	
Olymp bar punch	12	3		30s					12	3		30s	
Rollouts	12	2	N/A	30s					12	3	N/A	30s	
Superman					1	25	N/A	30s					
Russian Twists					1	20	N/A	30s					
Figure 8					1	15	N/A	30s					
Plank	30s	1	N/A	No rest; continuous circuit	30s	1	N/A	No rest	1min	2		30s	
Side Plank	30s	1(each)	N/A		30s	1(each)	N/A						
Bridge	30s	1	N/A		30s	1	N/A						

Notes: A)see notes pg.1; B)Always exhale on resistance,inhale on release; C)Adjust weight according to what is needed, doing full amount of reps; D)Maintain core engagement proper posture, no bending/arching at the back

CARDIO	DAY 1		DAY 2		DAY 3	
EQUIPEMENT	DURATION	INTENSITY	DURATION	INTENSITY	DURATION	INTENSITY
Treadmill	15min	124-134bpm; 9-11RPE	15min	124-134bpm; 9-11RPE	15min	124-134BPM; 9-11RPE

Notes: A) Use speed/incline to adjust HR; B) Concentrate on your breathing, and posture(neutral spine)

Flexibility	DAY 1		DAY 2		DAY 3	
STRETCHES	SETS	DURATION	SETS	DURATION	SETS	DURATION
Mod. Hurdler	1	25s(ea.)	1	25s(ea.)	1	25s(ea.)
Hinge hip	1	30s	1	30s	1	30s
Figure 4 (glutes)	1	25s(ea.)	1	25s(ea.)	1	25s(ea.)

Laying quad pull	1	25s(ea.)	1	25s(ea.)	1	25s(ea.)
Butterfly	1	30s	1	30s	1	30s
Pidgeon	1	30s(ea.)	1	30s(ea.)	1	30s(ea.)
Shoulder across	1	30s(ea.)	1	30s(ea.)	1	30s(ea.)
Overhead push	1	25s(ea.)				
Cobra/Child	1	30s(ea.)				
Open chest	1	30s				
Round-the-world			1	25s		
Heel Drop			1	25s(ea.)		
Cat/Cow					1	30s(alt.)
Lat(arm over)					1	25s(ea.)
Wrist stretch					1	25s(ea.)
Biceps stretch					1	25s(ea.)

Notes: **A)**Exhale during elongation of muscle(stretch); **B)** Do Not bounce, stay in static position to avoid injuries; **C)**Flexibility is equally as important as warm-up; ALWAYS DO IT; **D)**Neutral spine, core engagement is A MUST!

Note: Increase weight by 5% this week

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CURRENT WEIGHT

WARM-UP	DAY 1		DAY 2		Day 3	
EQUIPEMENT	DURATION	INTENSITY	DURATION	INENSITY	DURATION	INTENSITY
Bike	6min	110-129bpm; 7-8RPE	6min	110-129bpm; 7-8RPE	6min	110-129bpm; 7-8RPE

Notes: A) Use sensors for BPM; B) use resistance to adjust Heart rate; C)**ALWAYS do the warm-up, never skip, allow your heart to gradually come up and not spike up! D)Use neutral Spine on bike, DO NOT round/arch back

STRENGTH	DAY 1				DAY 2				DAY 3			
EXERCISES	REPS	SETS	WEIGHT	REST	REPS	SETS	WEIGHT	REST	REPS	SETS	WEIGHT	REST
Bench Press	11	2		60s								
Peck flyes	11	2		60s								
Push-ups	10	2	N/A	45s								
Tricep Pressdown	12	2		60s								
Overhead ext(cable)	12	2		45s								
Shoulder press					10	2		60s				
Squats					12	2		60s				
Shrugs					10	2		45s				
Legs extension					10	2		45s				
Leg Curls					10	2		45s				
Int/Ext					12	3		45s				
Lat pulldown									10	2		60s
Seated row									12	2		60s
Bicep Curis									10	2		45s
Hammer curls									10	2		45s
Forearm curls									12	3		45s
Olymp bar twists	12	3		30s					12	3		30s
Olymp bar punch	12	3		30s					12	3		30s
Rollouts	12	2	N/A	30s					12	3	N/A	30s
Superman					1	25	N/A	30s				
Russian Twists					1	20	N/A	30s				
Figure 8					1	15	N/A	30s				
Palnk	30s	1	N/A		30s	1	N/A		1min	2		30s
Side Plank	30s	1(each)	N/A	No rest; continuous circuit	30s	1(each)	N/A	No rest				
Bridge	30s	1	N/A		30s	1	N/A					

Notes: A)see notes pg.1; B)Always exhale on resistance,inhale on release; C)Adjust weight according to what is needed, doing full amount of reps; D)Maintain core engagement proper posture, no bending/arching at the back

CARDIO	DAY 1		DAY 2		DAY 3	
EQUIPEMENT	DURATION	INTENSITY	DURATION	INTENSITY	DURATION	INTENSITY
Stairs	15min	124-134bpm; 9-11RPE	15min	124-134bpm; 9-11RPE	15min	124-134BPM; 9-11RPE

Notes: A) Use speed to adjust HR; B) Concentrate on your breathing, and posture(neutral spine)

Flexibility	DAY 1		DAY 2		DAY 3	
STRETCHES	SETS	DURATION	SETS	DURATION	SETS	DURATION
Mod. Hurdler	1	30s(ea.)	1	30s(ea.)	1	30s(ea.)
Hinge hip	1	30s	1	30s	1	30s

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Butterfly	1	30s	1	30s	1	30s
Pidgeon	1	30s(ea.)	1	30s(ea.)	1	30s(ea.)
Shoulder across	1	30s(ea.)	1	30s(ea.)	1	30s(ea.)
Overhead push	1	25s(ea.)				
Cobra/Child	1	30s(ea.)				
Open chest	1	30s				
Round-the-world			1	25s		
Heel Drop			1	25s(ea.)		
Cat/Cow					1	30s(alt.)
Lat(arm over)					1	25s(ea.)
Wrist stretch					1	25s(ea.)
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EXERCISES	REPS	SETS	WEIGHT	REST	REPS	SETS	WEIGHT	REST	REPS	SETS	WEIGHT	REST	
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Skull crushers	12	2		45s									
Front Raises					10	2		45s					
Lateral Raises					10	2		45s					
Int/Ext (abd pos)					10	2		45s					
Legs extension					10	2		45s					
Leg Curls					10	2		45s					
Squats					25	1							
Lat pulldown									15	1			
High Seated row									12	2		60s	
Olymp bar rows									12	2		60s	
Bicep Curls									10	2		45s	
Hammer curls									10	2		45s	
Forearm curls									12	3		45s	
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Bridge	30s	1	N/A		30s	1	N/A						

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EQUIPEMENT	DURATION	INTENSITY	DURATION	INTENSITY	DURATION	INTENSITY
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Pidgeon	1	30s(ea.)	1	30s(ea.)	1	30s(ea.)
Shoulder across	1	30s(ea.)	1	30s(ea.)	1	30s(ea.)
Overhead push	1	25s(ea.)				
Cobra/Child	1	30s(ea.)				
Open chest	1	30s				
Round-the-world			1	25s		
Heel Drop			1	25s(ea.)		
Cat/Cow					1	30s(alt.)
Lat(arm over)					1	25s(ea.)
Wrist stretch					1	25s(ea.)
Biceps stretch					1	25s(ea.)

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