

Kia ora!

This document is to be used to design a customised workout plan for a client.

GENERAL

Client name:

e.g. Joe Bloggs

Training Objective:

e.g. Hypertrophy Programme

Warm up:

Exercise	Rest	Sets, Reps and Load				Notes
		Set 1	Set 2	Set 3	Load	

Cool Down/ Mobility:

Programme Notes:

Weekly Agenda

Days	Activity
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	