

# Fitness training program

Name of client

Name of instructor/trainer

Program start date

21-Nov-22

## Client's Information

Age

Gender

Height (feet)

Height (inches)

Weight (pounds)

Chest (inches)

Waist (inches)

Body fat

Target body fat

## Warm-up

Exercises

Reps

Wts (lb)

Weeks

Frequency

Start

Exercise 1

0

0

0

0

0

Exercise 2

0

0

0

0

0

Exercise 3

0

0

0

0

0

Exercise 4

0

0

0

0

0

## Strength

Exercises

Reps

Wts

Weeks

Frequency

Start

Exercise 1

0

0

0

0

0