

Client Work Out Form

Name: _____ Phase: 1 Corrective Exercise Training (CET)

Trainer : _____ Days/Week: 1-5 (for 1-6 weeks)

CARDIO:	Days / wk:		Duration:		Equipment:					
Warm-Up / Flexibility	Sets	Reps	Duration	Rest	Notes:					
1- SMFR:			20-30 s.		Hold pressure on tender areas for 20-30 sec.					
2- Cardio:			5-10 m.		60-75% Max Heart Rate					
3-Flexibility	2-4		20-30 s.							
Core & Balance	Sets	S1-Wt	S2-Wt	S3-Wt	Reps	Tempo	Rest	Notes:		
1-	1-3				10-20	4/2/1	0-90	Balance Stabilization		
2-	1-3				10-20	4/2/1	0-90	Integrated Core		
3-	1-3				10-20	4/2/1	0-90	Integrated Core		
Reactive (Plyometrics)	Sets	S1-Wt	S2-Wt	S3-Wt	Reps	Tempo	Rest	Notes:		
1-	0-3				3-5	3-5 s.	0-90			
2-	0-3				3-5	3-5 s.	0-90			
3-	0-3				3-5	3-5 s.	0-90			
Speed, Agility & Quickness	Sets	S1-Wt	S2-Wt	S3-Wt	Reps	Tempo	Rest	Notes:		
1-										
2-										
3-										
Strength Exercise	Sets	S1-Wt	S2-Wt	S3-Wt	S4-Wt	S5-Wt	Reps	Intensity	Tempo	Rest
1-	1-3						15-25	40-60%	4/2/2	0-90 s.
2-	1-3						15-25	40-60%	4/2/2	0-90 s.
3-	1-3						15-25	40-60%	4/2/2	0-90 s.
4-	1-3						15-25	40-60%	4/2/2	0-90 s.
5-	1-3						15-25	40-60%	4/2/2	0-90 s.
6-	1-3						15-25	40-60%	4/2/2	0-90 s.
7-	1-3						15-25	40-60%	4/2/2	0-90 s.
8-	1-3						15-25	40-60%	4/2/2	0-90 s.
9-	1-3						15-25	40-60%	4/2/2	0-90 s.
10-	1-3						15-25	40-60%	4/2/2	0-90 s.

Cool down/Post Workout Flexibility _____

Stretching (static/SMFR): _____

Notes: Focus on correction of muscle imbalances.
