

Client Work Out Form

Name: _____ Phase: 5 Maximal Strength Training (MST)

Trainer : _____ Days/Week: 2-4 (for 4 weeks)

CARDIO:	Days / wk:		Duration:		Equipment:					
Warm-Up / Flexibility	Sets	Reps	Duration	Rest	Notes:					
1- SMFR:			30 s		Hold tender areas for 30 sec.					
2- Cardio:			5-10 m		85-90% Max Heart Rate					
3-Flexibility	2-4		20-30 s							
Core & Balance	Sets	S1-Wt	S2-Wt	S3-Wt	Reps	Tempo	Rest	Notes:		
1-	2-3				8-12	3/2/1	0-60	Balance Training		
2-	2-4				8-12	3/2/1	60	Core Strength		
3-	2-4				8-12	3/2/1	60	Core Strength		
Reactive (Plyometrics)	Sets	S1-Wt	S2-Wt	S3-Wt	Reps	Tempo	Rest	Notes:		
1-	2-4					Repeat	0-60			
2-	2-4					Repeat	0-60			
3-	2-4					Repeat	0-60			
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-	4-6						1-5	85-100%	x/x/x	3-5 min
2-	4-6						1-5	85-100%	x/x/x	3-5 min
3-	4-6						1-5	85-100%	x/x/x	3-5 min
4-	4-6						1-5	85-100%	x/x/x	3-5 min
5-	4-6						1-5	85-100%	x/x/x	3-5 min
6-	4-6						1-5	85-100%	x/x/x	3-5 min
7-	4-6						1-5	85-100%	x/x/x	3-5 min
8-	4-6						1-5	85-100%	x/x/x	3-5 min
9-	4-6						1-5	85-100%	x/x/x	3-5 min
10-	4-6						1-5	85-100%	x/x/x	3-5 min

Cool down/Post Workout Flexibility _____

Stretching (static/SMFR): _____

Notes: _____