

CFT Program Card

Trainer

Day (Period)

Session Time

Daniel

Client Name:		Initial Date	Testing Date 1	Testing Date 2
Janice				
Clients Goals			Contraindications (Injuries)	
Improve overall strength			Scoliosis	
Warm Up			Special Considerations	
Ski erg 2 minutes				
Work Out		Sets	Reps	Weight - %1 RM
Kettle bell swing		3	10	70%
Dumbbell press		3	10	70%
Lateral raises		3	10	70%
cable rows		3	10	70%
Lat pull down		3	10	70%
Planks		2	30 seconds	70%
Cool Down and Stretch			Comments	
Static stretching				
Session Review (what did I do well, what could I do better)				