

Michael has joined your gym after training at another facility for six (6) months. Michael has expressed frustration at his inability to lose body fat and gain lean muscle mass. He wants to make significant changes over the next six (6) months.

Michael is lifting weights from a program he found on the internet, and he is following advice that he has read online. Michael is interested in following the Paleo diet to help him lose body fat.

FIT TO LEARN PROGRAM CARD					
Name	Michael				
Trainer	Dylan				
Date	April 2021				
Goals/Aims	Gain lean muscle mass - Lose body fat - Wants significant changes in 6 months				
Contraindications	Obesity Paleo diet (not enough calcium and vitamin D)				
Session length	40 minutes				
Warm up	5 minute bike 2 sets of 10 squats Back and leg stretches				
Exercise	Sets	EPC	Reps	%1RM/Weight	Rest
EXAMPLE : Squat	3	201	8-10	70%	60 sec
Planks	3		30 sec		1 min
Oblique holds	2		30 sec	50%	90 sec
Lying down barbell row	3	201	8	60%	1 min
Shoulder flys	2	102	6	60%	90 sec
Good mornings	2	202	6	50%	1 min
Weighted lunges	2	202	8	60%	1 min
Seated rows	2	102	8	70%	90 sec
Weighted step ups	3	101	8	60%	30 sec
Cool down	Russian twists Ab wiggles				
Stretches	Arm stretching Lie down and pull knee to chin				

- What was good about the session?
Worked on my strength well
- What exercises were enjoyable in the session?
Variety of muscles worked on
- What could have been done differently?
More cardiovascular work