

Fit to Learn Program Card					
Name:			Date:		
Trainer:					
Goals/Aims:					
Contraindications:					
Session Length:					
Exercise	Sets	EPC	Reps	%1RM/Weight	Rest
Squat	3	202	8-10	70%	60 sec
Cardiovascular Training Method	Time/Distance		Level/Resistance/Intensity		
Cool Down:					
Stretches:					

