

FIT TO LEARN PROGRAM CARD					
Name					
Trainer					
Date					
Goals/Aims					
Contraindications					
Session length					
Warm up					
Exercise	Sets	EPC	Reps	%1RM/Weight	Rest
EXAMPLE : Squat	3	201	8-10	70%	60 sec
Cardiovascular training method	Time/Distance		Level/Resistance/Intensity		
Cool down					
Stretches					