

FIT TO LEARN PROGRAM CARD					
Name	Janice				
Trainer	Dylan				
Date	April 2021				
Goals/Aims	Improve overall strength Improve posture				
Contraindications	Right hand for tennis (Exercise Left chest/arm more). Not high power or hypertrophy. Not above head exercises for saw back.				
Session length	40 minutes				
Warm up	5 minute bike 10 assisted squats Back and leg stretches				
Exercise	Sets	EPC	Reps	%1RM/Weight	Rest
<i>EXAMPLE : Squat</i>	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 row	2	102	8	70%	90 sec
Weighted step ups	3	101	8	60%	30 sec
Cool down	Russian twists				
Stretches	Arm stretching Lie down and pull knee to chin				

What was good about the session?

Good advice of correct form.

What exercises were enjoyable in the session?

Assisted chin ups.

What could have been done differently?

Give examples on how to do the exercise.