

CFT Program Card

Trainer

Day (Period)

Session Time

Client Name:		Initial Date	Testing Date 1	Testing Date 2
Janice				
Clients Goals			Contraindications (Injuries)	
Warm Up			Special Considerations	
Ergo				
Bike 5 minutes				
Work Out		Sets	Reps	Weight - %1 RM
{ 1a. Kettlebell Squat		3	8-10	8-10kg
	1b. Row/bent over	3	7-10	7kg
{ 2a. Back lunges		3	8-10	10kg
	2b. Floor press	3	6-10	14kg
{ 3a. Bicep curls		3	8-10	5kg
	3b. butterfly raises	3	8-10	4kg
3c. Tricep dips		3	7-10	
{ 4a. assisted chin up		2	10-12	
	4b. leg press		8-10	70kg ↑
Core				
Cool Down and Stretch			Comments	
10 minutes stretch				
Session Review (what did I do well, what could I do better)				

