

FIT TO LEARN PROGRAM CARD					
Name	Janice				
Trainer	Nick Githiphi Gibeom				
Date	29/10/21				
Goals/Aims	Hypertrophy				
Contraindications	Scoliosis and muscular imbalances in her back				
Session length	45 min				
Warm up	Bike and stretch for 15 minutes				
Exercise	Sets	EPC	Reps	%1RM/Weight	Rest
		201			
Squat	3	201	12	60	60
Dumbbell Raise	3	201	12	60	60
Lounges ALT	3	201	20	60	60
Triceps Pulldown	3	201	12	60	60
Dumbbell Press	3	201	12	60	60
Single arm back row	3	201	12	60	60
Bicep curl	3	201	12	60	60
Crunches	3	201	20	60	60
Cardiovascular training method		Time/Distance		Level/Resistance/Intensity	
LIIT		1 min work, 30 sec rest		60% of maximum heart rate	
Cool down	Light walk on the treadmill for 5 minutes				

Stretches	Stretch shoulders, chest and back with a stick
------------------	--