

FIT TO LEARN PROGRAM CARD					
Name	Michael				
Trainer	Caelan Mcdonald				
Date	16 September 2021				
Goals/Aims	Build lean muscle and lose weight				
Contraindications	None				
Session length	60 mins				
Warm up	Lunges, squats, warm up upper body with stick				
Exercise	Sets	EPC	Reps	%1RM/Weight	Rest
<i>EXAMPLE : Squat</i>	3	201	8-10	70%	60 sec
Goblet squats	3	301	10	70%	60 sec
Deadlifts	3	301	8	70%	60 sec
Rows	3	301	12	70%	60 sec
Dumbbell Arnold press	3	201	10	70%	60 sec
Flat Bench press	3	301	8	70%	60 sec
Cardiovascular training method		Time/Distance		Level/Resistance/Intensity	
Interval training - Jump Jacks - Squats - Push ups - Plank - Lunges - Russian twist - Crunches - Mountain climbers - Toe touches - Shoulder taps		10 minutes - 40 secs on/ 20 secs off		High intensity	

Cool down	Stretching and 5 minute bicycle
Stretches	Upper body and lower body stretches