

FIT TO LEARN PROGRAM CARD					
Name	Janice				
Trainer	Hugo				
Date	19/05/21				
Goals/Aims	Train client with scoliosis				
Contraindications	Muscular imbalance, Exercises that may further injure her back				
Session length	45 mins				
Warm up	Body weight squat, lunge, push ups, inch worm x 5 reps, 2 sets				
Exercise	Sets	EPC	Reps	%1RM/Weight	Rest
EXAMPLE : Squat	3	201	8-10	70%	60 sec
Goblet squat	2		15	60	60
RDL	2		15	60	60
Single arm lat pull down	2		15	60	60
Single arm 3 point db row	2		15	60	60
Dumbbell Chest fly	2		15	60	60
Db shoulder press	2		15	60	60
Plank	2		30 secs	60	60
Hollow body	2		30 secs	60	60
Cardiovascular training method		Time/Distance		Level/Resistance/Intensity	
Cool down	3m bike RPE 3				
Stretches	Legs, back, chest shoulders, arms, core		Focus on upper back and chest		

