

FIT TO LEARN PROGRAM CARD					
Name	Janice				
Trainer	Andre				
Date	1/06/21				
Goals/Aims	Strength / balance				
Contraindications	Muscle Imbalance				
Session length	1 hr				
Warm up	Stretchy bands, stick				
Exercise	Sets	EPC	Reps	%1RM/Weight	Rest
EXAMPLE : Squat	3	201	8-10	70%	60 sec
Lat pull down	3	201	4-8	80%	2 min
Alternating Bicep curl	3	201	4-8	80%	2 min
DB bench press	3	201	4-8	80%	2 min
1 arm tricep extension	3	201	4-8	80%	2 min
Bulgarian Split Squat	3	201	4-8	80%	2 min
lateral raise	3	201	4-8	80%	2 min
Calf raise	3	201	4-8	80%	2 min
Sit ups	3	201	10	70%	1 min
Cardiovascular training method	Time/Distance		Level/Resistance/Intensity		
Bike	15 min		medium high intensity		
treadmill	15 mins		medium high intensity		
Cool down					
Stretches					