

Client Name: _____

Trainer Name: _____

Client Goal: _____

Program Phase: _____

Key:
BB= Barbell
SB= Stability Ball
DB= Dumbbell
MB= Med Ball



DAY 1: Date _____

DAY 2: Date _____

DAY 3: Date _____

Exercise SET 1 SET 2 SET 3 SET 4

Exercise SET 1 SET 2 SET 3 SET 4

Exercise SET 1 SET 2 SET 3 SET 4

WEEK 1

Client Name: _____

Trainer Name: _____

Key:
BB= Barbell
SB= Stability Ball
DB= Dumbbell
MB= Med Ball



Client Goal: _____

Program Phase: _____

DAY 1: Date _____

DAY 2: Date _____

DAY 3: Date _____

Exercise SET 1 SET 2 SET 3 SET 4

Exercise SET 1 SET 2 SET 3 SET 4

Exercise SET 1 SET 2 SET 3 SET 4

WEEK 3

Client Name: _____

Trainer Name: _____

Client Goal: _____

Program Phase: _____

Key:
BB= Barbell
SB= Stability Ball
DB= Dumbbell
MB= Med Ball



DAY 1: Date _____

DAY 2: Date _____

DAY 3: Date _____

Exercise SET 1 SET 2 SET 3 SET 4

Exercise SET 1 SET 2 SET 3 SET 4

Exercise SET 1 SET 2 SET 3 SET 4

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WEEK 4