

Fitness Training Program

Program start date

Client's Information	
Age	
Gender	
Height (Feet)	
Height (Inches)	
Weight (Pounds)	
Chest (Inches)	
Waist (inches)	
Body Fat	
Target Body Fat	
BMI	0.00
Target BMI	

Suggestions	

Warm-up					
Exercises	Reps	Wts (Lb)	Weeks	Frequency	Start

Strength					
Exercises	Reps	Wts	Weeks	Frequency	Start

Cardio					
Exercises	Reps	Wts	Weeks	Frequency	Start

Cool-down					
Exercises	Reps	Wts	Weeks	Frequency	Start