

Session No.									
Date	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
Warmup	SMR:	SMR:	SMR:	SMR:	SMR:	SMR:	SMR:	SMR:	SMR:
	M1:	M1:	M1:	M1:	M1:	M1:	M1:	M1:	M1:
	M2:	M2:	M2:	M2:	M2:	M2:	M2:	M2:	M2:
Lower Body									
Squat									
Deadlift									
Lunge									
Split Squat									
Step-Up									
Bridge/Thrust									
Leg Curl									
Band Walk									
Clam Shell									
Kick Back									
Push									
Bench Press									
Push Up									
Flye									
Shoulder Press									
Raise									
Tricep Extention									
Pull									
Row									
Chinup									
Pullup									
Lat Pulldown									
Face Pull									
Rev. Flye									
Curl									
Core									
Chop/Lift									
Torso Rotation									
Palloff Press									
Plank									
Rollout									
Russian Twist									
Boat									
Deadbug									
Ball Transfer									
Back Ext.									
Crunch									
Metabolic									
Boxing									
Ropes									
Air Dyne/Rower									
Plyometrics									
Sliders									
Weight Tracker:									
Notes:									
Phase		Foundation	Muscular Endurance	Hypertrophy	Strength	Notes:			
		2-3 sets/10-15 reps	2-3 sets/15-20 reps	3-5 sets/8-12 reps	3-5 sets/1-7 reps				
Switch every 18 sessions	Lean/Injury Prevention	1	2	3	Sometimes				
	Strength	1	Occassionally	2	3				
	Physique	1	3	2	4				
Nutrition Check: Ask at least 2 questions every session								Nutrition Notes:	
1. How is food journaling going?									
2. How have your hunger levels been?									
3. Do you have any questions about nutrition right now?									
4. How is your consistency with food? How can that be changed or maintained?									

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