



Digital Gym Diary							
Client:	Doe, Mary					Date:	27/12/2016
Client ID:	CM0714210561					Day:	1
Duration:	4 Weeks					Week:	2
Order	Exercise	Prescription	Set 1	Set 2	Set 3	Set 4	Performance Notes
A1	Seated Dumbbell Shoulder Press	4 x 12-15	2.5 x 15	3 x 15	3 x 15	3x 12	Reinforce keeping elbows under dumbbells
A2	Dumbbell Full Squat	4 x 12-15	2.5 x 15	2.5 x 15	2.5 x 15	2.5 x 13	Reinforce keeping knees out when descending
A3	Single Arm Dumbbell Row	4 x 12-15	3 x 15 L + R	3 x 15 L + R	3 x 15 L + R	3 x 15 L + R	Cued on shoulder blade for muscle activation
A4	Dumbbell Side Step Up	4 x 12-15	2 x 15 L + R	2 x 15 L + R	2 x 15 L + R	2 x 15 L + R	Work on controlling knee over foot on lowering
Rest Interval		120 seconds	120	120	120	120	Rest intervals timed well
B1	180° Dumbbell Chest Press	4 x 12-15	3 x 15	3 x 13	2.5 x 15	2.5 x 15	Encourage full range of movement & slow tempo
B2	Standing Single-Leg Cable Hip Extension	4 x 12-15	3 x 15 L + R	3 x 15 L + R	3 x 15 L + R	3 x 15 L + R	Watch for trunk rotation during hip extension
B3	Standing Cable Biceps Curl	4 x 12-15	3 x 15	3 x 14	3 x 12	2.5 x 14	Reinforce posture and watch for forward bending
B4	Lying Barbell Hip Thrust	4 x 12-15	5 x 15	5 x 15	5 x 14	5 x 13	Reinforce glute activation & full range of motion
Rest Interval		120 seconds	120	120	120	120	Rest intervals timed well
C1	Weighted Neutral Spine Abdominal Curl	3 x 10-12	2 x 12	2 x 12	2 x 12		Encourage neutral spine. Set target for range of movement
C2	Lying Abdominal Reverse Curl	3 x 10-12	BW x 12	BW x 12	BW x 10		Work on hip posterior tilt an range of movement
Rest Interval		90 seconds	90	90	Finish		Rest intervals timed well