



**PERSONALISED FITNESS PROGRAM**

<b>Client:</b>	Doe, Mary	<b>Start Date:</b>	27/12/2016
<b>Client ID:</b>	CM0714210561	<b>Split:</b>	2x/Week
<b>Length:</b>	4 Weeks		

<b>Day:</b>	1				
<b>Weeks:</b>	1-4				
<b>Details:</b>	Upper and Lower Body Muscle Toning and Stengthening				
	Muscles Worked: Thighs, Shoulders, Chest, Back of Legs, Front Arms, Back, Abdominals				
Order	Exercise	Sets	Repetitions	Tempo	Rest Interval
A1	Seated Dumbbell Shoulder Press	4	12-15	3-0-X-0	0
A2	Dumbbell Full Squat	4	12-15	3-0-X-0	0
A3	Single Arm Dumbbell Row	4	12-15	3-0-X-0	0
A4	Dumbbell Side Step Up	4	12-15	2-0-X-0	120sec
B1	Flat Bench Lying Dumbbell Chest Press	4	12-15	3-0-X-0	0
B2	Standing Single Leg Cable Hip Extension	4	12-15	3-0-X-0	0
B3	Standing Cable Bicipes Curl	4	12-15	3-0-X-0	0
B4	Lying Barbell Hip Thrust	4	12-15	3-0-X-0	120sec
C1	Weighted Neutral Spine Abdominal Curl	3	10-12	2-0-X-0	0
C2	Lying Abdominal Reverse Curl	3	10-12	2-0-X-0	90sec

<b>Day:</b>	1				
<b>Weeks:</b>	1-4				
<b>Details:</b>	Upper and Lower Body Muscle Toning and Stengthening with Cardiovascular Training				
	Muscles Worked: Thighs, Chest, Back, Side of Legs, Shoulders, Back of Legs, Arms				
Order	Exercise	Sets	Repetitions	Tempo	Rest Interval
A1	30 Degree Incline Dumbbell Chest Press	4	12-15	3-0-X-0	0
A3	Front Foot Elevated Dumbbell Split Squat	4	12-15	3-0-X-0	0
A3	Seated Medium Grip Cable Pull Down	4	12-15	3-0-X-0	0
A4	Dumbbell Front Step Up	4	12-15	2-0-X-0	120sec
B1	Flat Bench Lying Dumbbell Chest Fly	4	12-15	3-0-X-0	0
B2	Seated Hamstring Curl	4	12-15	3-0-X-0	0
B3	Standing Dumbbell Shoulder Lateral Raise	4	12-15	3-0-X-0	0
B4	Resistance Band Lateral Lunge	4	10-12	3-0-X-0	120sec

<b>Interval Boxing:</b>					
C1	Quick Alternating Jabs	5	20	NA	0
C2	Combination Left Punch, Left Punch Right Punch	5	10	NA	0
C3	Combination Left Punch, Right Punch, Left Punch	5	10	NA	30sec