

## Programme card template

Client's name: Joshua Forster			
<b>Warm-up</b>			
CV equipment /activity	Time	Workload/target training zone	Notes
Treadmill	5 mins	Aim for an RPE of 5	Safety clip attached Feet shoulder width Back straight Alternate arms & legs
<b>Warm-up stretches</b>			
<p>20 arm swings                      20 (each) leg swings                  20 spinal rotations              20 hip circles                  20 10s weighted squats</p>			
<b>Main CV component</b>			
Training system/ method: Continuous			
CV equipment /activity	Time	Workload/target training zone	Notes
Treadmill	20 mins	Aim to bring RPE to 7/10	Safety clip attached Feet shoulder width Back straight Alternate arms & legs

Main resistance training section (note- 'AFE' = alternative functional equipment)

Training system/ method: *multi: jet*

Exercise	RM/ FW/ BW/ AFE	Set/reps	Resistance	Notes
<i>leg press</i>	<i>RM</i>	<i>3x10</i>	<i>RPE 7/10</i>	<i>Adjust back rest Feet shoulder width Don't heels extend</i>
<i>Lat Pulldown</i>	<i>RM</i>	<i>3x10</i>	<i>RPE 7/10</i>	<i>Adjust seat, Arms 2 shoulder width Bring to chest</i>
<i>DB bench/chest press</i>	<i>FW</i>	<i>3x10</i>	<i>RPE 7/10</i>	<i>make sure bench is flat Arms 2 shoulder width, elbows parallel, push straight up, don't only extend</i>
<i>DB seated shoulder press</i>	<i>FW</i>	<i>3x10</i>	<i>RPE 7/10</i>	<i>Bring back up seat if Back straight, keep elbow straight, push straight up, don't only extend.</i>
<i>Plank</i>	<i>BW</i>	<i>30 seconds</i>	<i>Body weight</i>	<i>Back straight Elbows parallel</i>
<i>Med ball slams</i>	<i>AFE</i>	<i>3x 10</i>	<i>slam ball</i>	<i>Slight lead in knees, Push through floor</i>

## Cool-down

CV equipment /activity	Time	Workload/target training zone	Notes
Power	5 mins	Bring RPE down to 5	Adjust feet, keep back straight. Pull with slight bend in arm, elbows forward.

## Cool-down stretches

Using quad stretch 20 sec - Alternate  
 Using hamstring stretch 20 sec - Alternate  
 Downward dog 20 sec  
 Using arm chest crossover 20 sec - Alternate.

## How could the exercises in this session be adapted if the client were not able to participate as planned or if they were too easy?

Exercise	leg press	lat pull down	DB Chest Press	DB Shoulder Press	Plank	med ball slams
Progression	Barbell Squats	Pullup	BB Bench Press	BB Shoulder Press	One hand on wide grip	Increase weight
Regression	Reduce weight	Reduce weight	Reduce weight	Reduce weight	Use table for knees	Decrease weight

Overview for Weeks \_\_\_\_ to \_\_\_\_

	<u>CV</u>	<u>Resistance</u>
<b>F</b>	2 times per week	3 days per week
<b>I</b>	Aim to bring RPE to 7/10	Aim to bring RPE to 7/10
<b>T</b>	20 minutes	45 minutes
<b>T</b>	Continuous Cardio	multi set resistance.