|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | DAY 1: | DAY 2: | DAY 3 : | DAY 4 : | DAY 5: |
| Flexibility | Warm-up 5-10  mins: | Warm-up 5-10 mins: | Warm-up 5-10 mins: | Warm-up 5-10 mins: | Warm-up 5-10 mins: |
| Strength/Endurance  (or) Cardio/Core |  |  |  |  |  |
| Frequency |  |  |  |  |  |
| Intensity (high , medium, low) |  |  |  |  |  |
| Type |  |  |  |  |  |
| Time |  |  |  |  |  |
| Exercise #1 Name: | Sets/time:  Reps:  Weight: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: |
| Exercise #2 Name: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: |
| Exercise #3 Name: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: |
| Exercise #4 Name: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: |
| Exercise #5 Name: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: |
| Exercise #6 Name: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: | Sets:  Reps:  Weight: |

FITT principle completed and Correct /5

All exercises complete for all five days of work out program /30