



# Fitness Plan

**Client Name:**

**Fitness Goal:**

**Considerations**

**Preferences:**

**Limitations:**

**Challenge:**

**Nutrition Tips**

WEEKLY SCHEDULE		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Workouts for the purpose of this activity are to take place within a gym setting. Use your knowledge and the internet to research gym equipment, there purpose and the muscles they work to identify an appropriate workout for you client.

Workout Plan Day 1

Work out	Elements	Timings
Warm up  (5 minutes to raise the heart rate)		
Main Work Out  (50 minutes – 20 minutes cardio, 30 minutes strength)		
Cool Down (Stretching)  (5 minutes)		

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