TRAINING SESSION

Client: **Trainer:**

Date: **Session #:** **Today's goal:**

WARM-UP (5-10 min)

Exercise: **Time/Reps:**

Exercise: **Time/Reps:**

Exercise: **Time/Reps:**

MAIN WORKOUT

Exercise	Equipment	Sets	Reps	Weight	Rest	RPE

COOL-DOWN (5-10 min)

Exercise: **Duration:**

Exercise: **Duration:**

Exercise: **Duration:**

OBSERVATIONS AND NOTES FOR NEXT SESSION