

Fitness Training Programme

Name of client	Elke		
Name of the instructor/trainer	Denise Eccels PTS		
	Programme start date	25 May 2022	

Client's information	
Age	
Gender	
Height (Feet)	
Height (Inches)	
Weight (Stones/Pounds)	
Chest (Inches)	
Waist (Inches)	
Body fat	
Target body fat	
BMI	
Target BMI	

Suggestions	
With standing exercises keep the knees soft, not locked	
Set shoulder girdle for upper body-shoulder exercises.	
to set shoulder girdle, lift shoulders up toward ears, pre	
shoulders back and lower shoulders down, Reset as oft	
as needed.	
Start with 8 reps and determine if you need to increase t	
12 reps. Muscles should feel fatigued but not to	
muscle failure. You should be able to execute the first	
through the last repetition without losing form. If you ca	
so without losing form, reduce the number of reps and/	
weights if using.	
Check in with how you feel doing the exercises to stay s	

Standing exercises						
Exercises	Reps	Sets	Notes	Frequency	Start	
Standing leg circls	8 to 12	1 to 3		2 to 4Xs/wk	0	
Deadlift-use weights or ball	8 to 12	1 to 3	see images for	2 to 4Xs/wk	0	
Woodcutter-standing or seated	8 to 12	1 to 3	pictures and discription	2 to 4Xs/wk	0	
Calf raises	8 to 12	1 to 3		2 to 4Xs/wk	0	

Seated or floor exercises						
Exercises	Reps	SETS	Notes	Frequency	Start	
Seated leg lifts	8 to 12	1 to 3	see instruction sheet	2 to 4Xs/wk	0	
Seated leg lift hip openers	8 to 12	1 to 3	for description and	2 to 4Xs/wk	0	
Fetal thighs	8 to 12	1 to 3	pictures	2 to 4Xs/wk	0	
Clams	8 to 12	1 to 3		2 to 4Xs/wk	0	

Ball Exercises						
Exercises	Reps	Sets	Notes	Frequency	Start	
Cowgirl	8 to 12	1 to 3	see instruction sheet	2 to 4Xs/wk	0	
Pass over	8 to 12	1 to 3	for these exercises	2 to 4Xs/wk	0	
Crunches	8 to 12	1 to 3	with description and	2 to 4Xs/wk	0	
Plank-upper legs on ball	10-30 second hold	1 to 3	pictures	2 to 4Xs/wk	0	

Upper body-seated or standing						
Exercises	Reps	Sets	Weights	Frequency	Start	
Front raise	8 to 12	1 to 3	5-10lbs	2 to 4Xs/wk	0	
Lat raise	8 to 12	1 to 3	3 to 5 lbs	2 to 4Xs/wk	0	
Bicep curl	8 to 12	1 to 3	2 to 5 lbs	2 to 4Xs/wk	0	
Tricep overhead extension	8 to 12	1 to 3	2 to 5 lbs	2 to 4Xs/wk	0	