

WEIGHT TRAINING PLAN

Prepared For: _____

Trainer: _____

	Week 1			Week 2			Week 3			Week 4			Week 5		
MONDAY	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
Flat Bench Press	2	67.5%	4/full	3	70%	3/full	3	72.5%	2/full	4	75%	1/full	2	67.5%	1/2 of full
Overhead Seated Tricep Ext	2	80	4/full	3	85	3/full	3	80.5	2/full	4	85	1/full	2	80	1/2 of full
Barbell Upright Row	3	65	4/full	3	70	3/full	4	75	2/full	5	80	1/full	2	65	1/2 of full
Barbell Curl	3	65	4/full	3	70	3/full	4	75	2/full	4	80	1/full	2	65	1/2 of full
TUESDAY	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
WEDNESDAY	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
THURSDAY	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
FRIDAY	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
SATURDAY	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS

Notes



CONTACT: [Your Name]
 (000) 000-0000
 somewhere@domain.com

Personal Training Weight Loss Program Template

RS Peters

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular gradient shape partially visible behind it.

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The Complete Book of Personal Training Douglas Brooks, 2004 This book is the most comprehensive and authoritative resource for you as a personal trainer whether you are a newcomer to the field or have a well established business The book is truly a complete resource it's full of information about working with clients and designing programs and it's a practical guide to all aspects of the personal training business It will help you in all aspects of your profession learn applicable information on fitness testing and assessment identify your clients goals and create fitness tests specifically for them learn how to develop cardiovascular strength and flexibility training programs properly train and help special populations understand the business side of personal training including marketing yourself as a trainer getting and retaining clients and learning time management learn how to expand your business back cover

NPTI's Fundamentals of Fitness and Personal Training Henriques, Tim, 2014-08-13 This text makes the principles and theories of fitness and personal training accessible for all readers helping them understand how the body works and responds to exercise and how to create exercise programs that help clients accomplish their fitness goals

The Business of Personal Training Nutting, Mark A., 2019 From marketing and sales to budgets staffing and clientele issues The Business of Personal Training walks you through the business based side of personal training while teaching you the valuable skills you'll need to start build and grow your business

Help Clients Lose Weight IDEA Health & Fitness, 2002

Preventing Eating Disorders Niva Piran, Michael Levine, Catherine Steiner-Adair, 2013-06-17 This comprehensive resource provides multiple prevention strategies programs and approaches for health and mental health workers educators researchers students and interested members of the community at large who work to prevent eating disorders and related problems

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