

# TRAINING CARD

**Client Name:** \_\_\_\_\_  
**Trainer Name:** \_\_\_\_\_  
**Training Phase:** \_\_\_\_\_  
**Workout Focus:** \_\_\_\_\_  
**Date:** \_\_\_\_\_

Fitness Testing	
Test Name	Check (X)

WARM UP							
Body Segment	Exercise	Work	Rest	Reps	Sets	Target HR Zone	Equip/ Cues/ Notes

CORRECTIVE EXERCISE					
Body Segment	Classification/ Direction	SMR	Flexibility	Activation	Equip/ Cues/ Notes

RESISTANCE TRAINING								
Movement	Exercise	Set 1		Set 2		Set 3		Equip/ Cues/ Notes
		Reps	Weight	Reps	Weight	Reps	Weight	
Hip Dominant								
Knee Dominant								
Hor./ Ver. Pull								
Hor./ Ver. Push								
Shoulder Girdle								
Core Stab./ Rot.								

CONDITIONING							
Body Segment	Exercise	Work	Rest	Reps	Sets	Target HR Zone	Equip/ Cues/ Notes