





Welcome, n


Manage your clients and training business

Today's Sessions
0


Upcoming Sessions
0

Payments Due
0

Expiring Packages
0

Active Clients
1

Generated Plan

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Week 1 establishes baseline fitness and movement patterns through partner-based circuit training

Introduction

Intensity: Moderate (65-75% max effort)

Preparation: Arrive 10 minutes early, bring water bottle, wear comfortable training clothes and trainers

Objectives

- Establish movement patterns and technique
- Build workout stamina
- Develop partner communication
- Set baseline fitness metrics

Main Workout

Circuit 1

Build aerobic base and movement competency

Partners complete 3 rounds of the circuit, switching roles each round

Setup: 5 stations set up in a star formation, partners rotate clockwise

Exercise	Sets	Reps	Technique
Dumbbell Push Press	3 rounds	40 seconds work	View
Kettlebell Deadlifts	3 rounds	40 seconds work	View
Row/Rest Split	3 rounds	40 seconds work/20 seconds rest	View
Battle Rope Waves	3 rounds	40 seconds work	View
Step-up with Dumbbell	3 rounds	40 seconds work	View

Recovery

Immediate Steps


- Light walking to reduce heart rate
- Hydrate with water
- Light stretching

Nutrition Tips

- Consume protein within 30 minutes
- Replenish with complex carbohydrates
- Stay hydrated throughout the day

Rest Recommendations: Allow 24-48 hours before next intense session

Next Day Guidance: Light mobility work and walking recommended

 Create Session Template