



ABC 3G

05:32 PM

**New exercise****Save**

Name

Description



Label 1

Label 2

Equipment

All Levels

Modality



Muscle Groups

Purchase Exercises



ABC 3G

05:32 PM



Program # 4

9

Exercises

Level 1

Equip.

Muscles

Modality

Exercise #1
descriptionExercise #2
descriptionExercise #3
descriptionExercise #4
descriptionExercise #5
descriptionExercise #6
description



ABC 3G

05:32 PM



Clients



Add new client

Name:

E-mail:

Cancel

Add

Client #5

Client #6





ABC 3G

05:32 PM



Clients



Client #1

Client #2

Client #3

Client #4

Client #5

Client #6





ABC 3G

05:32 PM

**Program # 4** (9)**Exercises**

18.09.2013 (client name)

**Exercise #1**

description

**Exercise #2**

description

**Exercise #3**

description

**Exercise #4**

description

**Exercise #5**

description

**Exercise #6**

description



ABC 3G

05:32 PM



Exercise #4



Detail
s

Exercise notes







Reps	Kg	Reps	Kg	1	2	3
12	60			4	5	6
10	40			7	8	9
15	20			x	0	.
40	10					



ABC 3G

05:32 PM



Programs			Exercises	
Level 1	Equip.	Muscles	Modality	+
	Exercise #1 description			
	Exercise #2 description			
	Exercise #3 description			
	Exercise #4 description			
	Exercise #5 description			
	Exercise #6 description			



ABC 3G 05:32 PM

Name of the program



Program notes

Add



ABC 3G

05:32 PM



New program



Details

Name of the program

Templates:

Template #1

Template #2

Template #3

<div><div><div></div><div></div><div></div></div>ABC 3G</div> <div>05:32 PM</div> <div><div></div></div>		
Programs	Exercises	
Sort by: Date		<div><div></div></div>
Program # 1 (name)		
Client name		
Program # 2		
Client name		
Program # 3		
Client name		
Program # 4		
Client name		
Program # 5		
Client name		
Program # 6		
Client name		