## NASM OPT Template



CLIENT NAME: DATE:					
GOAL: PHASE:					
WARM-UP					
Exercise	ise Sets		Duration		Coaching Tip
MOVEMENT PREP					
Exercise	Sets x Reps	Tem	Tempo Rest		Coaching Tip
		+			
RESISTANCE					
Exercise	Sets x Reps	Tempo	Rest	Intensity	Coaching Tip
		_			
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COOL-DOWN					
Exercise	Sets		Duration		Coaching Tip
Notes and Observations					
Notes and Observation.	5.				