



Personal Trainer:

Client Name:

Training Phase: 1

Rotation	Order	Exercise	Sets	Reps	Notes
Upper Body Warm Up	A	Kneeling Lunge & Shoulder Flexion	1	10	Lunge Onto Front Foot And Extend Arms Above Head
	B	High Box Lunge & Rotation	1	10	Foot Elevated At Front, Lunge Onto Front Foot & Rotate Arms Across Front Elevated Leg
	C1	Scapular Depression (Perform On Lat Pulldown –Neutral Grip Shoulder Width Apart Ideally)	2	10 to 12	Extend Thoracic, Keeping Elbows Relatively Extended, Lock Shoulder Girdle Down Into Depression And Hold Squeeze Through Lower Traps
	C2	30° Incline Dumbbell Extension & Retraction	2	10 to 12	Lean Over Top Of Bench Chest Down, Reach Forward With Two Dumbbells, Extend Spine Straight First Driving Chest Into Pad, Then Keeping Shoulders Depressed, Retract And Squeeze Upper Arm To Hips (Elbows Stay Extended)
	+	Add Any Other Activation/Mobility Work You Feel You Need To Do On That Given Day			
Lower Body Warm Up	A	Kneeling Lunge With Overhead Band	1	45s	Lunge Onto Front Foot And Extend Arms Above Head Holding Band On Working Legs Side, Contract Glute On Working Side To Intensify Release
	B	High Box Lunge & Rotation	1	10	Foot Elevated At Front, Lunge Onto Front Foot & Rotate Arms Across Front Elevated Leg
	C1	Seated Abductor Machine (3030 Tempo)	2	15	Hips Locked Down Into Seat, Abduct Leg Out To Side Contracting Glute Med
	C2	Lying Hip Extension (Glute Bridge – Perform Unilaterally If Possible)	2	15 to 20	Upper Back Supported On Bench, Hinge Hips Back, Clamp Glutes Together Then Extend Upwards Squeezing Through The Movement, Feet Shoulder Width Apart, Heels Planted. No Added Load.
	+	Add Any Other Activation/Mobility Work You Feel You Need To Do On That Given Day			
Recovery	A	Foam Roll – Quads, IT Band, Lats	2	45s	Fascial Release
	B	Massage Ball – Glute Med, Pec Minor, QL	2	45s	Fascial Release

Training Cycle	Mon	Tue	Wed	Thrs	Fri	Sat	Sun
Rotation 1	Lower 1	Push	Pull	Off	Lower 2	Upper	Off
Cardio	N/A	N/A	N/A	N/A	N/A	N/A	N/A



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