

# Personal Training

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Phase/Session #:

## SMR

Technique	Sets	Reps	Resistance	Rest

## Static Stretch

Technique	Sets	Reps	Resistance	Rest

## Dynamic Stretch

Technique	Sets	Reps	Resistance	Rest

## Core

Technique	Sets	Reps	Resistance	Rest

## Balance

Technique	Sets	Reps	Resistance	Rest

## Reactive

Technique	Sets	Reps	Resistance	Rest

## SAQ

Technique	Sets	Reps	Resistance	Rest

## Resistance Training

Technique	Sets	Reps	Resistance	Rest

Notes: