

**Client Name:**

## Weekly Planner

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Gym Resistance Training with PT 60 minutes	Cardio	Gym Resistance Training with PT 60 minutes	Cardio	Gym Resistance Training with PT 60 minutes	Walking/ outdoor activities	Family Day Rest

### FITT Principle: Cardio Training

Frequency:	2-3 times/ week in the gym/outdoors (including walking)
Intensity:	220-AGE at 65%-75% $220 - = x .65/.75 = to$
Time:	20-60minutes
Type:	Rower, Treadmill, Exercise Bike, Boxing, Outdoors

### FITT Principle: Resistance Training Goal: Weight loss, Muscle tone

Frequency:	3 times a week in the Gym
Intensity:	Light to Moderate progressing to Heavy in Weeks 6-8
Time:	8-10 exercises 12-15 reps x 2/3 sets 1-2 min. rest = 50 min. Progress weight and equipment.
Type:	Body Weight, Machine, and free weights, DB, BB Cables

