



# Exercise Program Template



Session	1	2	3	4	5	6	7	8	9	10
Date										
Warm-Up										
Duration										
Resistance Exercises	/	/	/	/	/	/	/	/	/	/
1										
2										
3										
4										
5										
6										
Cardio (1)										
Duration										
Intensity										
Cardio (2)										
Duration										
Intensity										
Stretches										





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Stretches										



# Stretches

[www.mehn.org.au](http://www.mehn.org.au)



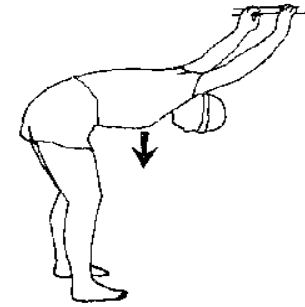
Upper Back & Forearms



Neck



Triceps



Upper Back



Chest



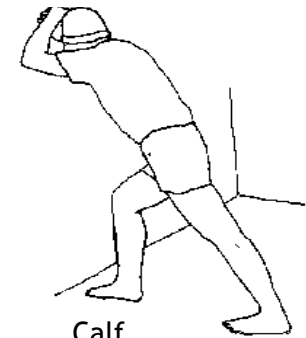
Shoulder



Quadricep



Hamstring



Calf



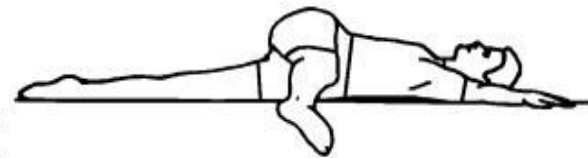
Groin



Glutes



Lower Back



Lower Back & Glutes