



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										
7										
8										
9										
10										
Cardio (1)										
Duration										
Intensity										
Cardio (2)										
Duration										
Intensity										
Stretches										

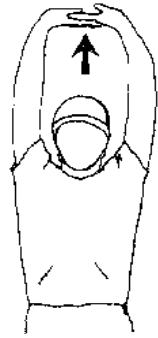


Stretches:

www.mehn.org.au



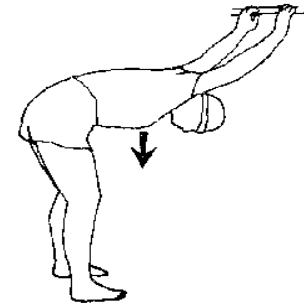
Upper Back & Forearms



Neck



Triceps



Upper Back



Chest



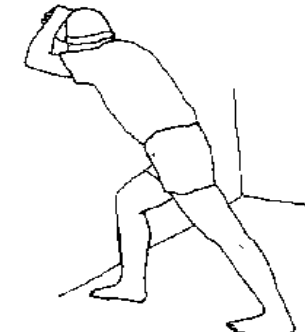
Shoulder



Quadricep



Hamstring



Calf



Groin



Glutes



Lower Back



Lower Back & Glutes