3511 Fair Oaks Blvd
Sacramento, CA 95864
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916-542-8378
#DrivenByVarimax

Client: _____

Day:	Mon	Tues	Wed	Thurs	Fri	Sat
Date:						

Order	Active warm up, movement prep	Sets	Reps	Tempo	Rest

NOTES

Order	Core / Stability	Sets	Reps	Tempo	Rest

Lbs	Lbs	Lbs	Lbs	Lbs	Lbs

Order	Corrective or Metabolic	Sets	Reps	Tempo	Rest

Lbs	Lbs	Lbs	Lbs	Lbs	Lbs

Resistance Strength Training

Order	Strength	Sets	Reps	Tempo	Rest

Lbs	Lbs	Lbs	Lbs	Lbs	Lbs

Metabolic work	Sets	Reps	Work	Rest

NOTES

Restore / Stretch