



Resistance Exercise – Weekly Program Card



Session #1			Session #2			Session #3		
WARM-UP	#1 -	<u>Time:</u>	WARM-UP	#1 -	<u>Time:</u>	WARM-UP	#1 -	<u>Time:</u>

Session #1				Session #2				Session #3			
EXERCISES	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>	EXERCISES	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>	EXERCISES	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
#1 -				#1				#1			
#2 -				#2				#2			
#3 -				#3				#3			
#4 -				#4				#4			
#5 -				#5				#5			
#6 -				#6				#6			
#7 -				#7				#7			
#8 -				#8				#8			
#9 -				#9				#9			
#10 -				#10				#10			

Session #1			Session #2			Session #3		
STRETCH	#1:	#2:	STRETCH	#1:	#2:	STRETCH	#1:	#2:
	#3:	#4:		#3:	#4:		#3:	#4:

Comments: _____

