

Bodytech Gym

ARMOUR FIT



Session Plans

Cardio and upper body

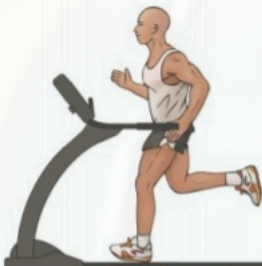



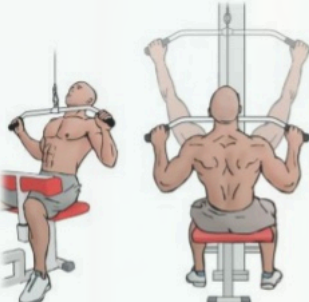





Name	
Your Trainer	
Commences From	Start date

Complete this work out on	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
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Program Description	10 min warm up
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Warm Up	Cardio upper body
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Routine name											
TREADMILL			CROSS TRAINER			CHEST PRESS			SHOULDER PRESS		
10	MINS		10	MINS		Sets	Reps	Rest	Sets	Reps	Rest
						3	10	1	3	10	1
											
LAT PULL			FLY			Seated row			bike		
Sets	Reps	Rest	Sets	Reps	Rest				Sets	Reps	Rest
3	10	1	3	10	1						
											

Cool Down	5 min cool down
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Cardio and lower body

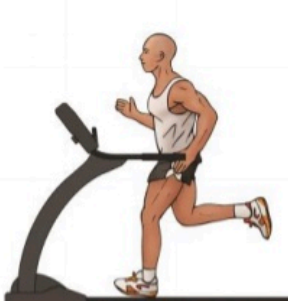



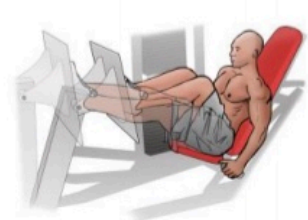




Name	
Your Trainer	
Commences From	Start date

Complete this work out on	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
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Program Description	10 min warm up
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Warm Up	Cardio lower
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Routine name											
TREADMIL			ROWER			LEG EXTENSION			LEG CURL		
10	MINS		10	MINS		Sets	Reps	Rest	Sets	Reps	Rest
						3	10	1	3	10	1
											
LEG PRESS			ADD/ABB			BIKE					
Sets	Reps	Rest	Sets	Reps	Rest	10	MINS		Sets	Reps	Rest
3	10	1	3	10	1						
											

Cool Down	5 min cool down
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Compound exercises



Name	
Your Trainer	
Commences From	

Complete this work out on	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
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Program Description	COMPOUND WORKOUT
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Routine name											
Exercise 1			SQUAT			BENCH PRESS			DEAD LIFT		
Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest
MILITARY PRESS			B.O.R			DIPS			PULL UP		
Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest

Cool Down	
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Core selection

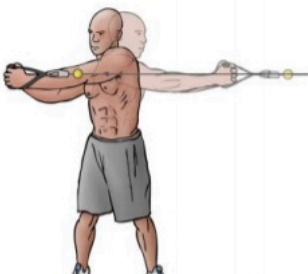
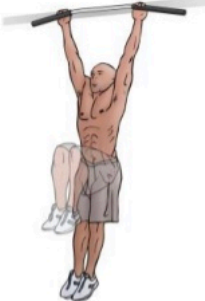


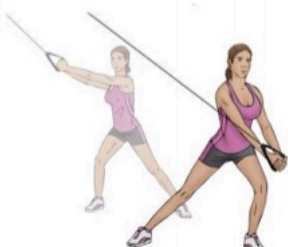





Name	
Your Trainer	Richard
Commences From	

Complete this work out on	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
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Program Description	CORE SELECTION
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Warm Up	10 mins Cardio
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Routine name											
RUSSIAN TWIST			KNEE RAISE			BALL CRUNCH			SUPERMAN		
Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest
5	10	1	3	10	1	3	10	1	3	10	1
											
WOOD CHOP			BRIDGE			Abb machine			BALL PLANK		
Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest
3	10	1	3	10	1	5	10	1	3	10	1
											

Cool Down	
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Stretching



Name	Client name
Your Trainer	Your name
Commences From	Start date

Stretching
Protocol

Stretch 1	Stretch 2	Stretch 3	Stretch 4
Over head chest stretch	Over head tricep stretch	Reach back shoulder stretch	Abb stretch

Stretch 5	Stretch 6	Stretch 7	Stretch 8
Standing hamstring	Standing quad	Lying glute	Notes