



Personal Training Log

CLIENT: _____

TRAINER: _____

Intermediate Bodyweight	Date:	Date:	Date:	Date:	Date:	Date:
EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Warm up- Jumping jacks	:30 x 3					
Strength: 3 sets, 10 reps						
Uni leg squat	Bw/					
Spiderman Pushup	Bw/					
Core:						
Lateral bridge (hold for time)	:20	:25	:25	:30	:30	:35
Prone arm sweep	x 10	x 12	x 12	x 15	x 17	x 20
Dead bug w/rotation	x 10	x 12	x 12	x 15	x 17	x 20
Intervals:						
Squat thrust	:20	:25	:20	:25	:20	:20
Mountain climber	:20	:25	:20	:25	:20	:20
Wood chop	:20	:25	:20	:25	:20	:20
	Rest for 1:30	Rest for 1:30	Rest for 1:20	Rest for 1:20	Rest for 1:10	Rest for 1:00
Perform the interval						
exercises in circuit fashion for						
3-4 rounds						

One-Leg Squat

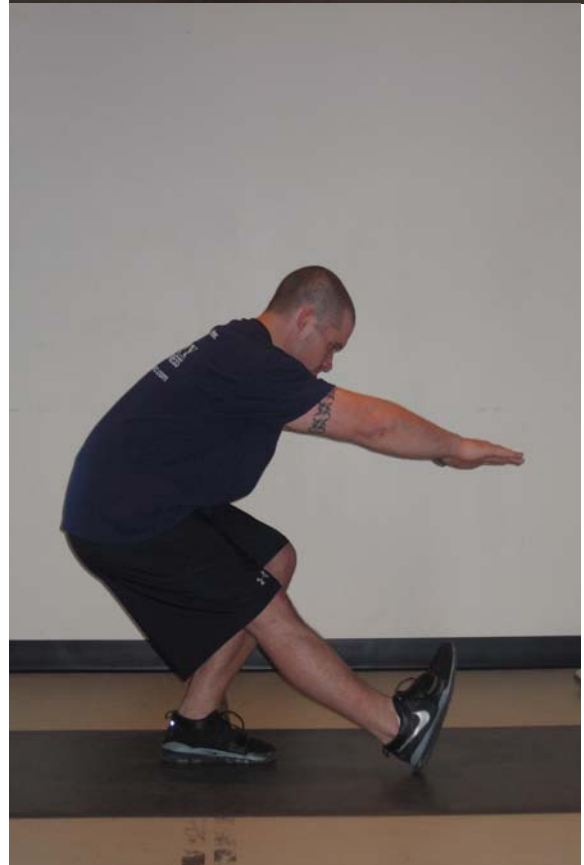
Set up: Stand up straight with one leg held out in front and off of the floor. Extend the arms out in front for counter balance. Keep the support leg directly under the hip with the foot facing straight ahead.

Performance: Sit back and down into the hip of the support leg and allow the trunk to flex forward. When the upper thigh of the support leg is almost parallel to the floor, drive through the heel and return to the start position.

Breathing pattern: Inhale deeply at the top. Hold the breath in during the descent and exhale on the way up.

Muscles worked: glutes, hamstrings, quadriceps, calves, abdominals, lower back

Equipment needed: Body weight. If additional resistance is needed over and above body weight, any type of additional weight will work (dumbbells, kettlebells, weight plates, etc...) Hold extra weight out in front of the body during the performance of the exercise.



Spider-man Push-up

Set up: Start in a plank position on the floor.

Performance: Draw one knee towards the same side elbow while lowering the chest towards the floor. Then extend that leg back as you press the floor away from you. Repeat on the other side.

Breathing pattern: Inhale on the way down, exhale on the way up.

Muscles worked: chest, shoulders, abdominals, hips

Equipment needed: body weight



Lateral Bridge

Set up: Lie down on the floor with the elbow tucked under the shoulder and the legs straight out. Place the top foot heel to toe with the bottom foot.

Performance: Brace the abdominals, and tighten the thighs and glutes. Lift the hips up until the body is in a straight line and hold for the required amount of time. Lower the body down and repeat on the other side

Breathing pattern: breathe normally

Muscles worked: Shoulders, arms, abdominals, obliques, glutes

Equipment needed: body weight

Note: To make this exercise easier, do repetitions instead of holding. Build up to 12-15 reps. Then move to the holding version.

****To increase the difficulty, move the top leg from the front position to behind the bottom leg and back again. Repeat for time or designated number of reps.**



Prone arm sweep

Set up: Lie face down on the floor with the arms extended out in front.

Performance: Lift the chest and arms off of the floor by drawing the shoulder blades down and back. Keep the thumbs facing the ceiling and slowly sweep the arms out to the sides and down to the hips. Then return to the start position. Repeat for designated time or number of reps

Breathing pattern: breathe normally

Muscles worked: Traps, lats, lower back, glutes, triceps, shoulders

Equipment needed: body weight,



Deadbug

Set up: Lie down on the floor face up with the arms and legs extended.

Performance: Tuck the chin down into the chest while lifting the arms and legs simultaneously towards the center of the body. Press the lower back into the ground as the limbs rise. Slowly lower back down.

** To make this exercise more challenging, reach the arms to alternating sides of the legs. (see picture 3)

Breathing pattern: exhale into the lift, inhale back down

Muscles worked: abdominals, lats, thighs

Equipment needed: body weight



Squat Thrust

Set up: Stand tall with the feet hip width apart.

Performance: Squat towards the floor and place the hands firmly on the ground. Hop the feet back until the legs are extended behind, ending in a push up position. Hop the feet back up, planting the heels firmly and stand back up.

Breathing pattern: exhale down, inhale as you stand

Muscles worked: pretty much all of them

Equipment needed: body weight



Mountain climber

Set up: Start in a plank position on the floor.

Performance: Draw one foot up to the outside of the same side hand while keeping the other leg stretched out behind. Kick the front leg back and pull the other leg forward to the same position on the opposite side. Repeat as necessary.

Breathing pattern: exhale as the leg is coming forward, inhale as it goes back

Muscles worked: chest, shoulders, abdominals, hips

Equipment needed: body weight



Wood Chop

Performing the movement:

Start in a squat position with the back straight, butt back, knees bent, and the weight on the heels. The arms should be straight, holding the medicine ball close to the floor. Come out of the squat by pressing through the heels and driving forward with the hips, simultaneously swinging the arms to an overhead position. The arms should stay straight all the way through the movement.

Return to the start position and repeat for the desired number of repetitions. This exercise can be used to train the up-swing, the down-swing or both. Rep speed should be determined by the phase of training the client is in.

Breathing pattern:

Client should inhale deeply using the diaphragm on the way up and exhale while tightening the abdomen on the way down.

