



Personal Training Log

CLIENT: _____

TRAINER: _____

Beginner Bodyweight	Date:	Date:	Date:	Date:	Date:	Date:
EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Warm up:						
Quadriplex	2 sets, 15 reps					
Thread the needle	2 sets, 15 reps					
Prone cobra	2 sets, 15 reps					
Circuit:						
Bodyweight squat	Bw/					
Prone bridge	Bw/					
Static lunge	Bw/					
Bench hip extension	Bw/					
Hyper extension	Bw/					
Rest for 2:00						
Perform each exercise in the						
circuit for the number of sets						
and reps at the bottom of each						
column. Move to a new						
column each week.						
	2 sets, 8 reps	2 sets, 10 reps	2 sets, 12 reps	3 sets, 8 reps	3 sets, 10 reps	3 sets, 12 reps

Quadriplex

Set up: Start on all fours with the shoulder right over the wrists and the hips over the knees.

Performance: Keep the abdominals tight and extend the right arm and left leg away from the center of your body. Repeat for both sides.

Breathing Pattern: Breath in as you extend the limbs.

Muscles Worked: Lats, shoulders, glutes, abdominals, obliques, arms

Equipment needed: none



Thread the needle

Set up: Start on all fours with the shoulder right over the wrists and the hips over the knees. Reach the right hand in between the left arm and leg, stretching as far as possible. Allow the left elbow to bend.

Performance: Turn back and reach towards the ceiling with the right hand, rotating through the trunk. Keep your eyes on the right hand all the way through the movement.

Breathing Pattern: Breath in as you reach towards the ceiling.

Muscles Worked: Lats, shoulders, glutes, abdominals, obliques, arms

Equipment needed: none



Prone Cobra

Set up: Lie down on the floor face down with the arms at the sides.

Performance: Lift the chest off of the floor by drawing the shoulder blades together. Lift the arms up and back while rotating the elbows in towards the body and point the thumbs up into the air. Hold for the desired amount of time or release back to the start position for the desired number of repetitions.



Breathing pattern: breathe normally

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

Equipment needed: body weight,

Body Weight Squat

Set up: Stand up straight with feet about hip width or just a little wider. The toes should be turned out just enough to line up the knee caps. Stretch the hands out in front to act as a counter balance (optional).

Performance: Sit back into the hips and bend at the knees until the upper thigh is close to parallel to the floor. Allow the upper body to flex forward to counter balance but keep the back straight. Make sure the heels stay grounded and the weight stays off the toes. From the bottom position, drive through the heels and return to the standing position.

Breathing pattern: Exhale going down.
Inhale going up.

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

Equipment needed: body weight



Prone bridge

Set up: Place the elbows on the floor a little wider than shoulder width. Extend the legs back planting on the balls of the feet. Keep the hips level with the shoulders.

Performance: Brace the abdominals, and tighten the thighs and glutes. Keep the arms extended and make sure the hips stay on the same level as the shoulders. Hold the position for the desired amount of time.

Breathing pattern: breathe normally

Muscles worked: Shoulders, arms, abdominals

Equipment needed: body weight

****Note:** To make this exercise easier, plant on the knees instead of the toes.



Static Lunge (Beginner)

Set up: Stand straight with one foot out in front and one foot extended back behind the body a little longer than stride length apart. The front foot should be facing straight forward with the heel flat. The back foot should be braced on the ball of the foot.

Performance: Lower the knee of the back leg straight down to the floor with control while allowing both knees to bend. Keep the back straight and the shoulders lined up over the hips. Once the back knee touches, press through the front heel and return to the start position.

Breathing pattern: Inhale deeply at the top of the movement. Hold the breath in on the down stroke. Exhale on the way up.

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

Equipment needed: body weight, dumbbells or kettlebells

Note: If using added resistance hold it down at hip level.



Bench Hip Extension

Set up: Lie flat on the floor with the feet resting on a stable surface (weight bench, chair, ottoman, etc...) Knees should be bent at ninety degrees with the toes pointed straight up.

Performance: Tighten the abdominals to provide support for the back while pressing down with the heels until the hips start to rise. Keep elevating the hips until fully extended. Slowly lower the hips back down to the floor.

Breathing pattern: Inhale as the hips extend up into the air. Exhale as they descend back to the ground.

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

Equipment needed: Any elevated surface such as a weight bench or chair will do.

Note: To make this exercise more challenging try working from an unstable surface such as a stability ball, using one leg or both.



Hyperextension

Set up: Lie down on the floor face down with the hands behind the head and the legs straight out behind.

Performance: Lift the elbows off of the ground by pulling the shoulder blades together and arching the back. Squeeze the glutes at the same time. Slowly lower back down.

Breathing pattern: inhale into the lift and exhale back to the floor.

Muscles worked: upper, middle, and lower back, glutes

Equipment needed: body weight

