

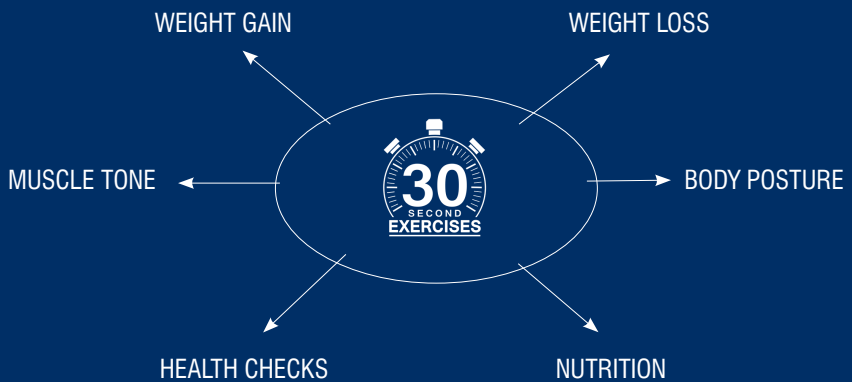
EXERCISE REHABILITATION

30 SECOND EXERCISES





## PERIODISE YOUR GOAL



**HEALTH AND EXERCISE QUESTIONNAIRE**

**DATE** .....

**NAME** .....

**ADDRESS** .....

.....

.....

..... **POST CODE** .....

**EMAIL** .....

**CLIENT GOALS** .....

.....

.....

.....

**TRAINING PROGRAMME** .....

.....

.....

.....



**INITIAL STATIC ASSESSMENT**

DATE: .....

HEIGHT (CM) .....

WEIGHT (KG) .....

BODY FAT PERCENTAGE .....

TARGET BODY FAT PERCENTAGE RANGE (%) ..... TO .....

IDEAL WEIGHT (KG) ..... TO .....

BLOOD PRESSURE .....

SYSTOLIC .....

DIASTOLIC .....

**BODY MEASUREMENTS**

WAIST ..... SHOULDERS ..... HIPS ..... ABDOMINALS .....

PLANKS = ..... PRESS UPS = ..... SIT UPS = ..... S/J SQUATS = .....

12 MINUTE RUN (COOPERS RUN) .....

STRENGTH TEST (3 REP MAX) .....

BIKE (RPM) .....

ADDITIONAL TESTING'S .....



**GOALS**

**SPECIFIC** .....

**MEASURABLE** .....

**ACHIEVABLE** .....

**REALISTIC** .....

**TIME** .....

**BARRIERS Y/N (IF YES ADD DETAIL)**

**WORK** .....

.....

**FAMILY COMMITMENTS** .....

.....

**INJURY** .....

**LACK OF MOTIVATION** .....

**YOUR ACTIVITY PROFILE**

**MONDAY** .....

.....

.....

**TUESDAY** .....

.....

.....

**WEDNESDAY** .....

.....

**THURSDAY** .....

.....

**FRIDAY** .....

.....



**DIET PROGRAMME**

<b>FOOD DIARY</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>MONDAY</b>			
<b>TUESDAY</b>			
<b>WEDNESDAY</b>			
<b>THURSDAY</b>			
<b>FRIDAY</b>			
<b>SATURDAY</b>			
<b>SUNDAY</b>			



**EMBARK ON YOUR GOALS AND RESULTS ADVENTURE 1-4 WEEKS**

**GOALS AND RESULTS** .....

.....

**1** .....

.....

**2** .....

.....

**3** .....

**CARDIO** ..... **LEVEL** ..... **TIME/DISTANCE** .....

.....

**CARDIO** ..... **LEVEL** ..... **TIME/DISTANCE** .....

.....

**CARDIO** ..... **LEVEL** ..... **TIME/DISTANCE** .....

.....

**CARDIO** ..... **LEVEL** ..... **TIME/DISTANCE** .....

.....

**RESISTANT MACHINES** ..... **SETS** ..... **REPS** ..... **TIME** .....

.....

**RESISTANT MACHINES** ..... **SETS** ..... **REPS** ..... **TIME** .....

.....

**RESISTANT MACHINES** ..... **SETS** ..... **REPS** ..... **TIME** .....

.....

**FLOOR EXERCISES & STRETCHES** .....

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**4 WEEK STATIC ASSESSMENT**

**DATE:** .....

**HEIGHT (CM)** .....

**WEIGHT (KG)** .....

**BODY FAT PERCENTAGE** .....

**TARGET BODY FAT PERCENTAGE RANGE (%)** ..... **TO** .....

**IDEAL WEIGHT (KG)** ..... **TO** .....

**BLOOD PRESSURE** .....

**SYSTOLIC** .....

**DIASTOLIC** .....

**BODY MEASUREMENTS**

**WAIST** ..... **SHOULDERS** ..... **HIPS** ..... **ABDOMINALS** .....

**PLANKS =** ..... **PRESS UPS =** ..... **SIT UPS =** ..... **S/J SQUATS =** .....

**12 MINUTE RUN (COOPERS RUN)** .....

**STRENGTH TEST (3 REP MAX)** .....

**BIKE (RPM)** .....

**ADDITIONAL TESTING'S** .....





## EMBARK ON YOUR GOALS AND RESULTS ADVENTURE 4-12 WEEKS

<b>WEEK 1-2</b>	<b>GOALS:</b> <b>TRAINING PROGRAMME</b>
<b>WEEK 3-4</b>	<b>GOALS:</b> <b>TRAINING PROGRAMME</b>
<b>WEEK 5-6</b>	<b>GOALS:</b> <b>TRAINING PROGRAMME</b>
<b>WEEK 7-8</b>	<b>GOALS:</b> <b>TRAINING PROGRAMME</b>
<b>WEEK 9-10</b>	<b>GOALS:</b> <b>TRAINING PROGRAMME</b>
<b>WEEK 11-12</b>	<b>GOALS:</b> <b>TRAINING PROGRAMME</b>



**12 WEEK STATIC ASSESSMENT**

**DATE:** .....

**HEIGHT (CM)** .....

**WEIGHT (KG)** .....

**BODY FAT PERCENTAGE** .....

**TARGET BODY FAT PERCENTAGE RANGE (%)** ..... **TO** .....

**IDEAL WEIGHT (KG)** ..... **TO** .....

**BLOOD PRESSURE** .....

**SYSTOLIC** .....

**DIASTOLIC** .....

**BODY MEASUREMENTS**

**WAIST** ..... **SHOULDERS** ..... **HIPS** ..... **ABDOMINALS** .....

**PLANKS** = ..... **PRESS UPS** = ..... **SIT UPS** = ..... **S/J SQUATS** = .....

**12 MINUTE RUN (COOPERS RUN)** .....

**STRENGTH TEST (3 REP MAX)** .....

**BIKE (RPM)** .....

**ADDITIONAL TESTING'S** .....



**EMBARK ON YOUR GOALS AND RESULTS ADVENTURE 6-12 MONTHS**

<b>MONTH 6</b>	<b>GOALS:</b> <b>TRAINING PROGRAMME</b>
<b>MONTH 7</b>	<b>GOALS:</b> <b>TRAINING PROGRAMME</b>
<b>MONTH 8</b>	<b>GOALS:</b> <b>TRAINING PROGRAMME</b>
<b>MONTH 9</b>	<b>GOALS:</b> <b>TRAINING PROGRAMME</b>
<b>MONTH 10</b>	<b>GOALS:</b> <b>TRAINING PROGRAMME</b>
<b>MONTH 11</b>	<b>GOALS:</b> <b>TRAINING PROGRAMME</b>
<b>MONTH 12</b>	<b>GOALS:</b> <b>TRAINING PROGRAMME</b>



**12 MONTH STATIC ASSESSMENT**

**DATE:** .....

**HEIGHT (CM)** .....

**WEIGHT (KG)** .....

**BODY FAT PERCENTAGE** .....

**TARGET BODY FAT PERCENTAGE RANGE (%)** ..... **TO** .....

**IDEAL WEIGHT (KG)** ..... **TO** .....

**BLOOD PRESSURE** .....

**SYSTOLIC** .....

**DIASTOLIC** .....

**BODY MEASUREMENTS**

**WAIST** ..... **SHOULDERS** ..... **HIPS** ..... **ABDOMINALS** .....

**PLANKS** = ..... **PRESS UPS** = ..... **SIT UPS** = ..... **S/J SQUATS** = .....

**12 MINUTE RUN (COOPERS RUN)** .....

**STRENGTH TEST (3 REP MAX)** .....

**BIKE (RPM)** .....

**ADDITIONAL TESTING'S** .....

