

CLIENT'S NAME:

DATE:

PHASE: BURN

WARM-UP

| EXERCISES | EQUIPMENT | DURATION | INTENSITY | TRAINER NOTES |
|-----------|-----------|----------|-----------|---------------|
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WORKOUT

| EXERCISES | WEIGHT | REPS | SETS | TRAINER NOTES |
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POST-CARDIO

| EQUIPMENT | DURATION | INTENSITY | TRAINER NOTES |
|-----------|----------|-----------|---------------|
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ADDITIONAL NOTES

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