



THERON EIRISH

Massage and Personal Training

(360) 303-8992

Fitness Program Client Name: _____

	Exercise		Notes
1		Set	
		Reps	
		Wt	
2		Set	
		Reps	
		Wt	
3		Set	
		Reps	
		Wt	
4		Set	
		Reps	
		Wt	
5		Set	
		Reps	
		Wt	
6		Set	
		Reps	
		Wt	
7		Set	
		Reps	
		Wt	
8		Set	
		Reps	
		Wt	
9		Set	
		Reps	
		Wt	
10		Set	
		Reps	
		Wt	
11		Set	
		Reps	
		Wt	
12		Set	
		Reps	
		Wt	
13		Set	
		Reps	
		Wt	
14		Set	
		Reps	
		Wt	