

Member Name: _____

PT Name _____

Womens and Strength and Conditioning and Glute Development
WORKOUT 1 - 10 MINUTE WARM UP - 40 MINUTES TRAINING - 10 MINUTE RECOVERY/COOL DOWN

WARM-UP		Assessment	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Activity:		Treadmill	Treadmill	Treadmill	Treadmill	Treadmill	Treadmill	Treadmill
Speed:								
Distance:								
Time:		15 Minutes	15 Minutes	15 Minutes	15 Minutes	15 Minutes	15 Minutes	15 Minutes
MOVEMENT		Assessment	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
LEGS STRAIGHT LEG DEADLIFT	Sets:	4	4	4	4	4	4	4
	Reps:	10	10	12	12	14	14	16
	Weight:							
GLUTES BOOTY BUILDER	Sets:	4	4	5	5	5	5	4
	Reps:	12	12	12	12	14	14	20
	Weight:							
GLUTES CABLE KICK BACKS	Sets:	4	4	4	4	4	4	4
	Reps:	15	15	15	15	18	18	20
	Weight:							
LEGS HAMSTRING CURLS	Sets:	4	4	4	4	4	4	4
	Reps:	10	10	12	12	14	14	16
	Weight:							
LEGS LEG EXTENSIONS	Sets:	4	4	4	4	4	4	4
	Reps:	10	10	12	12	14	14	16
	Weight:							
CORE	Sets:	4	4	4	4	4	4	4
	Reps:	12	12	14	14	16	16	20
COOL DOWN	FOAM ROLLING							
	STRETCHING							
	ROTATOR CUFFS							

WORKOUT 2 - 10 MINUTE WARM UP - 40 MINUTES TRAINING - 10 MINUTE RECOVERY/COOL DOWN

WARM-UP		Assessment	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Activity:		Treadmill	Treadmill	Treadmill	Treadmill	Treadmill	Treadmill	Treadmill
Speed:								
Distance:								
Time:		15 Minutes	15 Minutes	15 Minutes	15 Minutes	15 Minutes	15 Minutes	15 Minutes
MOVEMENT		Assessment	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
FUNCTIONAL DEADLIFT LIGHT WEIGHT	Sets:	4	4	4	4	4	4	4
	Reps:	8	8	12	12	14	14	14
	Weight:							
PULL LAT PULL DOWN	Sets:	4	4	4	4	4	4	4
	Reps:	10	10	12	12	14	14	16
	Weight:							
PUSH DUMBBELL BENCH PRESS	Sets:	4	4	4	4	4	4	4
	Reps:	10	10	12	12	14	14	16
	Weight:							
PULL DUMBBELL ROWS	Sets:	4	4	4	4	4	4	4
	Reps:	10	10	12	12	14	14	16
	Weight:							
ARMS DUMBBELL BICEP CURLS	Sets:	4	4	4	4	4	4	4
	Reps:	12	10	12	12	14	14	16
	Weight:							
ARMS BARBELL CURLS	Sets:	4	4	4	4	4	4	4
	Reps:	12	12	14	14	16	16	20
COOL DOWN	FOAM ROLLING							
	STRETCHING							
	ROTATOR CUFFS							

WORKOUT 3 - 10 MINUTE WARM UP - 40 MINUTES TRAINING - 10 MINUTE RECOVERY/COOL DOWN

WARM-UP		Assessment	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	Activity:	Treadmill	Treadmill	Treadmill	Treadmill	Treadmill	Treadmill	Treadmill
	Speed:							
	Distance:							
	Time:	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes
MOVEMENT		Assessment	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Leg Extension - Light	Sets:	3 x10	3 x10	3 x10	3 x10	3 x10	3 x10	3 x10
Leg Curl - Light	Reps:	3x10	3 x10	3 x10	3 x10	3 x10	3 x10	3 x10
LEGS BACK SQUAT	Sets:	4	4	4	4	4	4	4
	Reps:	10	10	12	12	14	14	16
	Weight:							
LEGS Front Squat or Machine	Sets:	3	3	3	3	3	3	3
	Reps:	10	10	12	12	14	14	16
	Weight:							
LEGS LEG PRESS	Sets:	3	3	3	3	3	3	3
	Reps:	10	10	12	12	14	14	16
	Weight:							
LEGS Dumbell Lunges	Sets:	3	3	3	3	3	3	3
	Reps:	10	10	12	12	14	14	16
	Weight:							
LUNGE LEG PRESS - SINGLE LEG	Sets:	4	4	4	4	4	4	4
	Reps:	10	10	12	12	14	14	16
	Weight:							
CORE	Sets:	3	3	3	3	3	3	3
	Reps:	12	12	14	14	16	16	20
COOL DOWN	FOAM ROLLING							
	STRETCHING							
	ROTATOR CUFFS							

FITNESS AND HEALTH PROGRESS

HEALTH TARGETS	Goal	Assessment	Week 1	Week 2	Week 3	Week 4	Week 5	Goal
Body Weight								
Body Fat %								

MorFIT Personal Training Notes

Notes	
--------------	--

If you have any questions on your program or would like an update please email membercare@morfitgym.com