Fitness Training Program - Exercise 12

Name of Client	
Name of the Instructor/Trainer	Amateur Baseball Report & Training with Charli
Date	24-Dec-11

Client's Information	
Age	
Gender	
Height (Feet)	
Height (Inches)	
Weight (Pounds)	
Chest (Inches)	
Waist (inches)	
Body Fat	
Target Body Fat	
BMI	0.00
Target BMI	

Suggestions
Full body workout. Do it well Today.
Enjoy your Holiday tommorow!

Warm Up	
Exercise	Reps
Stretch	
20-25 Minute Slow Jog	
Pushups	5
Squats	5
Jumping Jacks	10
Pushups	5
Situps	5
Jumping Jacks	10

Exercise	
Exercise	Reps
Pushups	15
Walking Lunges	20
Burpees	10
High Knees	30 sec
Wall Squat	60 sec
Jumping Jacks	50
Tricep Dips	10
Bodyweight Squats	20
Tuck Jumps	10
Repeat 4 - 5 times	

Cool Down	
Exercise	Reps

Jog 5 - 10 Minutes
Stretch