

Sam Houston State University Recreational Sports - Personal Training

Workout of the Day for (client name): _____

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Weight</u>	<u>Rest</u>	<u>Training Style</u>
<i>example: Bench Press</i>	3	15	95	30 sec.	<i>circuit training</i>

Session Comments:

Session # ____ of ____ Date: _____ Start Time: _____ End Time: _____

Trainer: _____

Client Signature: _____