PHYSIGRAPHE CLIPART

Name: _____

Program: _____1_____

Program identification

Exercise identification

A1

A2

Box to place image

Time of training for each workout (automatically calculated)

Wtt
1
2
3
4
5
6

B1

	Ser.	Rep.	Tempo	Rest
Wt 1				
Wt 2				
Wt 3				
Wt 4				
Wt 5				
Wt 6				
Alter. 1				

	Ser.	Rep.	Tempo	Rest
Alter. 1				

	Ser.	Rep.	Tempo	Rest
Alter. 1				

Note:

Note:

Note:

Put 1 for a not alternate exercise 2 for an alternate exercise

You click in front of **note** to write a note in the note box

B2

C1

C2

Wtt
1
2
3
4
5
6

When the exercise sheet is completed the **program 1** is completed too.

	Ser.	Rep.	Tempo	Rest
Wt 1				
Wt 2				
Wt 3				
Wt 4				
Wt 5				
Wt 6				
Alter. 1				

Workout 1 to 6

	Ser.	Rep.	Tempo	Rest
Alter. 1				

	Ser.	Rep.	Tempo	Rest
Alter. 1				

When you want to prescribed different sets in a workout you have to write in the **exercise sheet** the first set only and in the **program 2** you write all the other sets with different repetitions.

Note:

Note:

Note:

	Wt-Ttime	Total Wt_time		Wt-Ttime	Total Wt_time		Wt-Ttime	Total Wt_time
Wt 1		min.	**Wt 3**		min.	**Wt 5**		min.
Wt 2		min.	**Wt 4**		min.	**Wt 6**		min.