

BLANK CLASS PROGRAM TEMPLATE

DAY OF THE WEEK: _____ MUSCLE GROUP: _____ CLASS LENGTH: _____

WARM-UP: _____ DURATION: _____

EXERCISE: _____
DURATION: _____ TENSION: _____ SETS: _____ NOTES: _____

TOTAL TIME: _____

EXERCISE: _____
DURATION: _____ TENSION: _____ SETS: _____ NOTES: _____

TOTAL TIME: _____

EXERCISE: _____
DURATION: _____ TENSION: _____ SETS: _____ NOTES: _____

TOTAL TIME: _____

WORKOUT: _____ DURATION: _____

EXERCISE: _____
DURATION: _____ TENSION: _____ SETS: _____ NOTES: _____

TOTAL TIME: _____

EXERCISE: _____
DURATION: _____ TENSION: _____ SETS: _____ NOTES: _____

TOTAL TIME: _____

EXERCISE: _____
DURATION: _____ TENSION: _____ SETS: _____ NOTES: _____

TOTAL TIME: _____

EXERCISE: _____
DURATION: _____ TENSION: _____ SETS: _____ NOTES: _____

TOTAL TIME: _____

COOL DOWN: _____ DURATION: _____

EXERCISE: _____
DURATION: _____ TENSION: _____ SETS: _____ NOTES: _____

TOTAL TIME: _____

EXERCISE: _____
DURATION: _____ TENSION: _____ SETS: _____ NOTES: _____

TOTAL TIME: _____

EXERCISE: _____
DURATION: _____ TENSION: _____ SETS: _____ NOTES: _____

TOTAL TIME: _____