


MEDPOINT
HEALTH CARE CENTRE

Workout Program Outline



Circuit Training Program

Clients Name: _____

Trainers Name: _____

Initial Fitness Testing Assessment

Initial Assessment Date: _____

Body Fat % = _____

Lean Mass = _____

Waist Circumference = _____

Hip Circumference = _____

Initial Wall Sit Strength Test = _____ (leg endurance test, how long can you hold?)



Initial Plank Hold Test = _____ (hold for as long as possible)



Initial Push Up Test = _____ (how many push ups from the toe can you do?)



Re-Assessment Date: _____

(3 Month Re-Assessment Recommended)

Body Fat % = _____

Lean Mass = _____ (muscle mass gain?)

Waist Circumference = _____

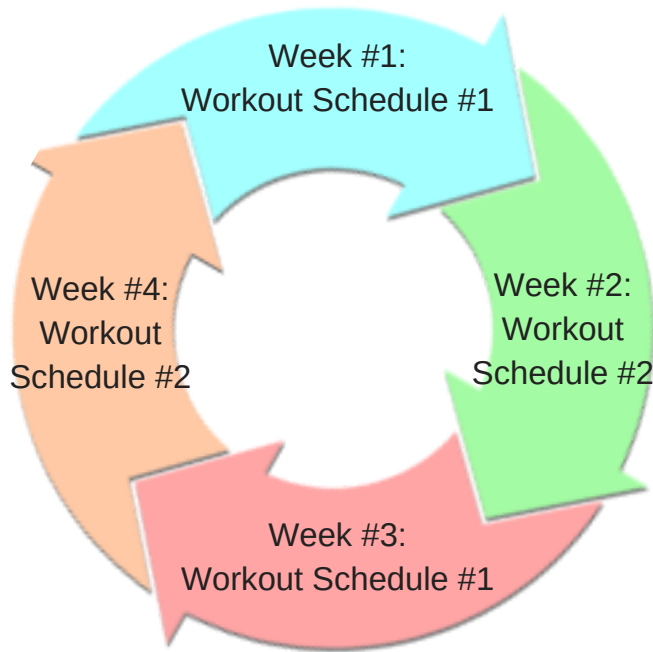
Hip Circumference = _____

Wall Sit Strength Test = Held for ____ seconds

Plank Hold Test = Held for ____ seconds

Push Up Test = Completed ____ repetitions

This program is a 12 week program that increases in intensity every 4 weeks. Below shows you how to schedule your weekly workout routines and how to increase challenge every 4 weeks.



Find you Workout Schedule #1 and Workout Schedule #2 on the last 2 pages of this booklet.

4 Week Cycle #1 →

Follow the initial prescribed weights (ex. 8lb) and exercise durations (ex. 40 seconds)

4 Week Cycle #2 →

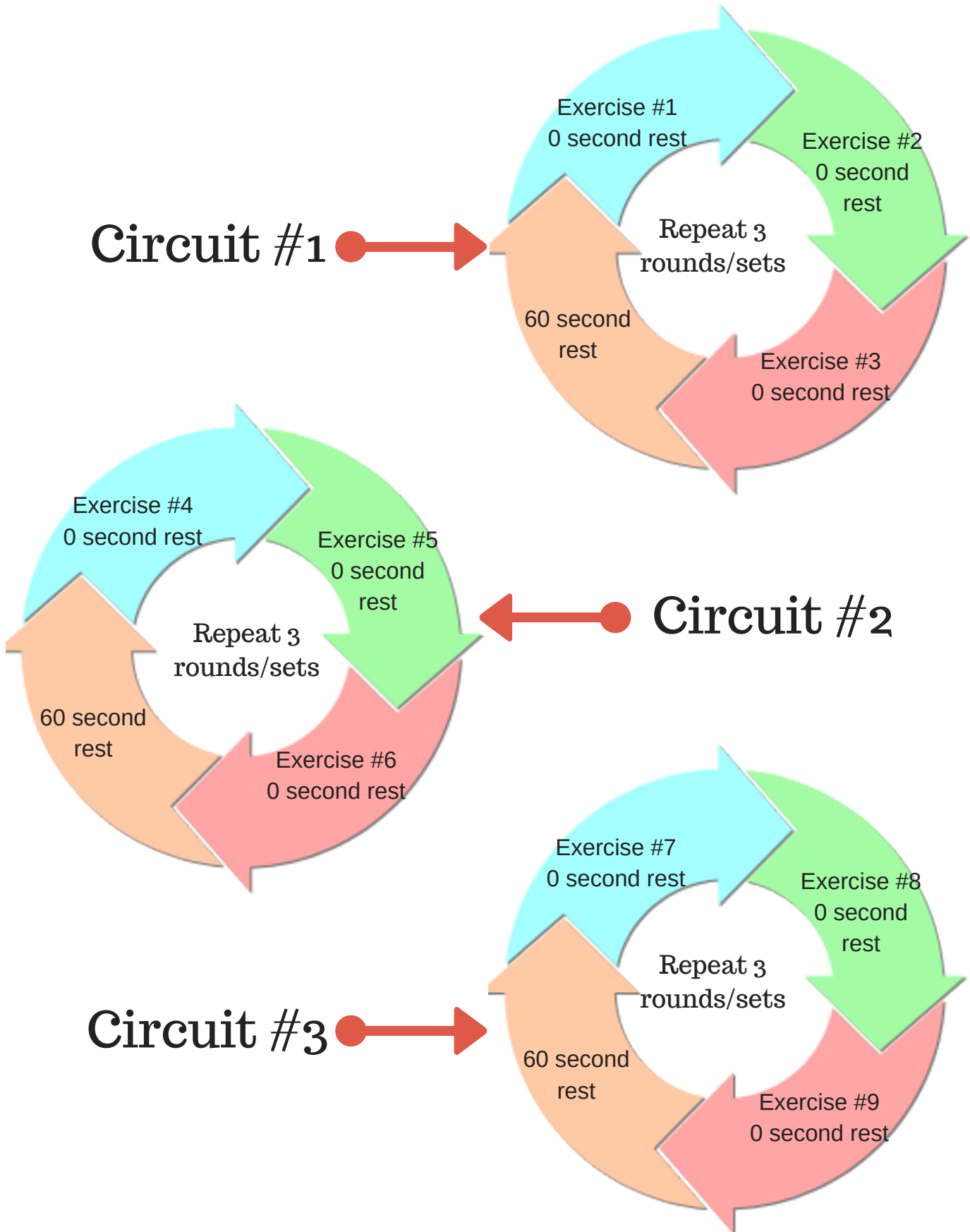
Increase all prescribed weights by 2-5lb and increase all timed exercises by 10 seconds.

4 Week Cycle #3 →

Increase all prescribed weights by an additional 2-5lb and increase all timed exercises by another 10 seconds

Circuit Workout Program

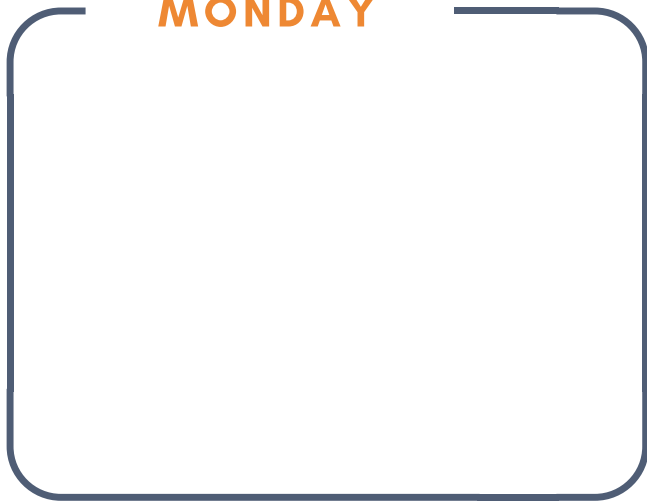
Your strength workouts will consist of nine exercises and will take 45-60 minutes to complete. These nine exercises will be divided into three separate circuits. Each circuit is repeated for 3 sets/rounds before moving on to the next circuit.



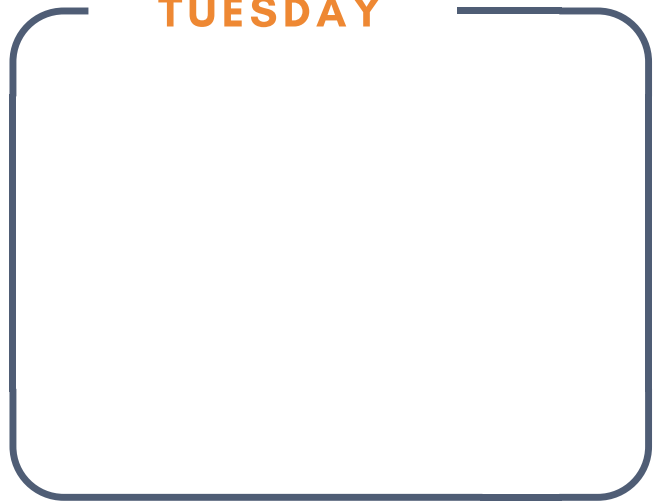
WORKOUT SCHEDULE 1

Weeks 1 & 3

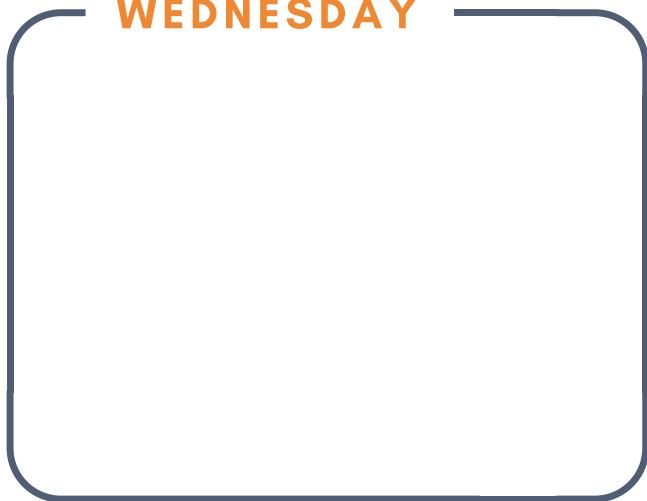
MONDAY



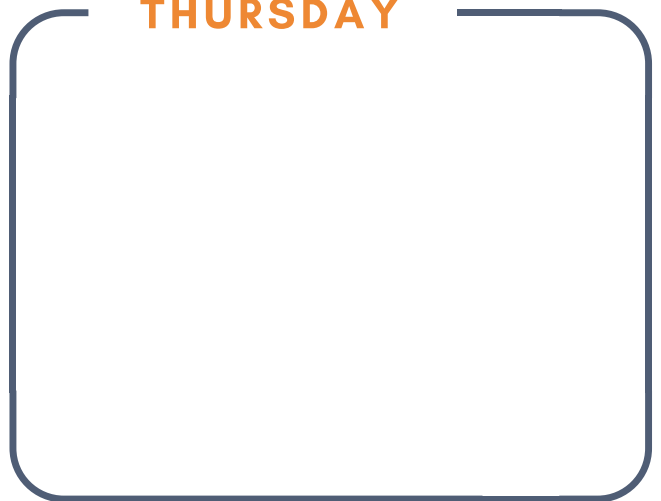
TUESDAY



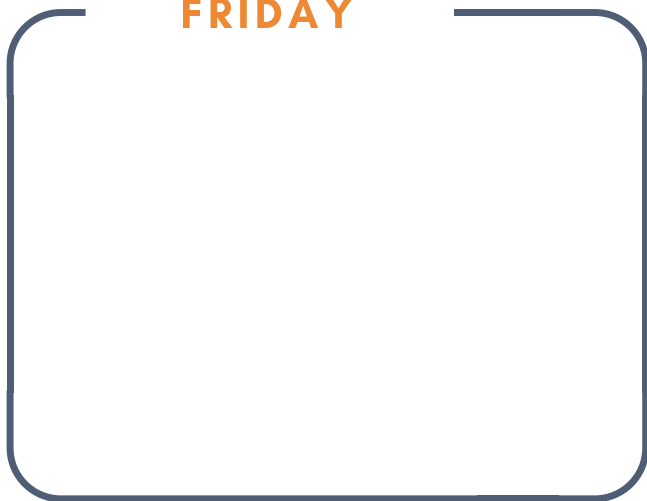
WEDNESDAY



THURSDAY



FRIDAY



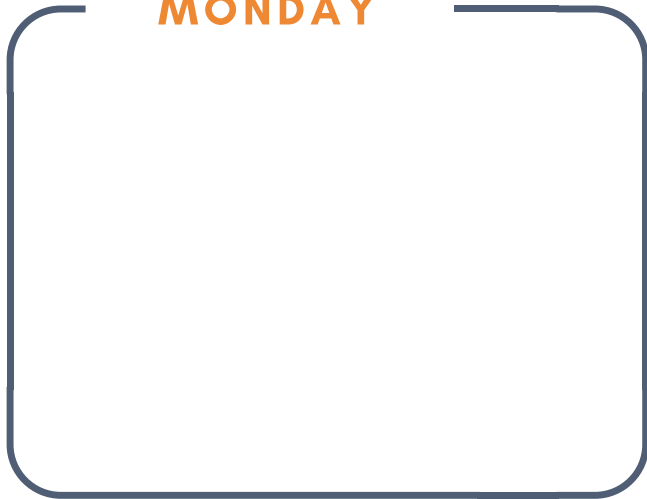
SATURDAY/
SUNDAY



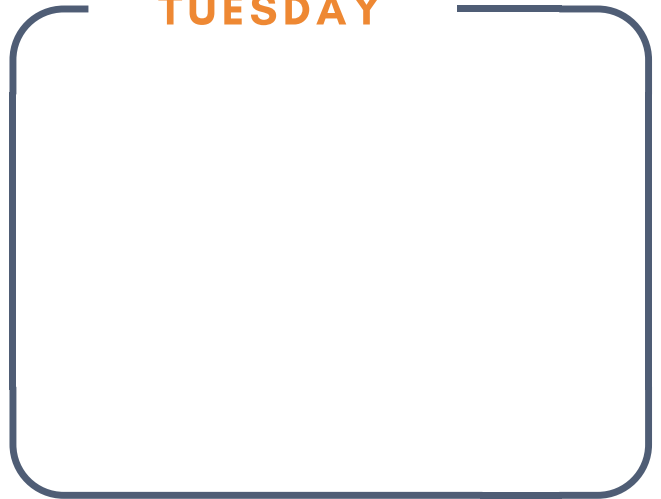
WORKOUT SCHEDULE 2

Weeks 2 & 4

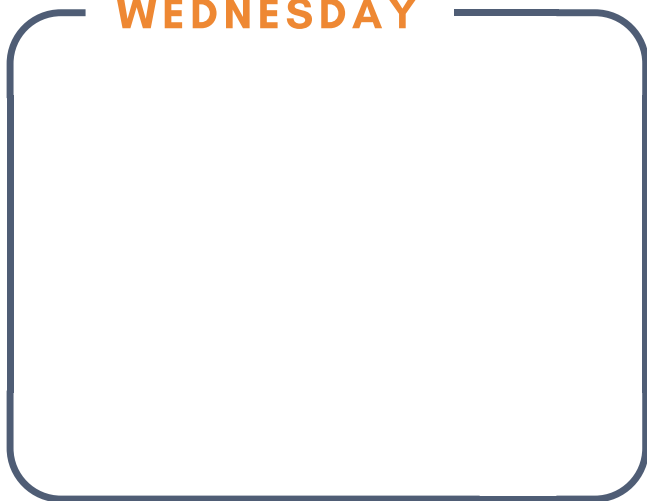
MONDAY



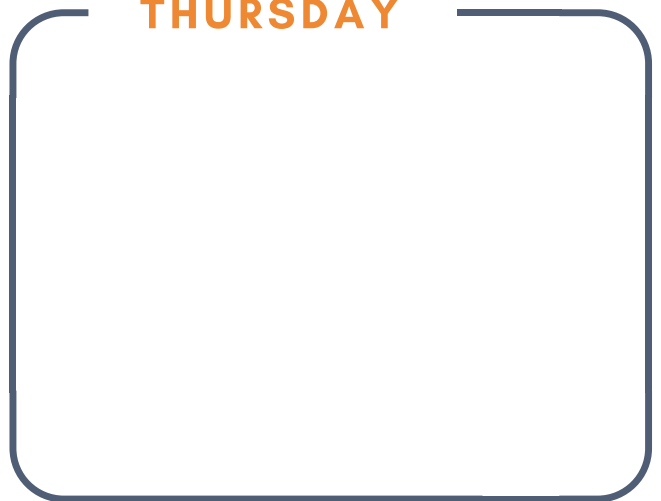
TUESDAY



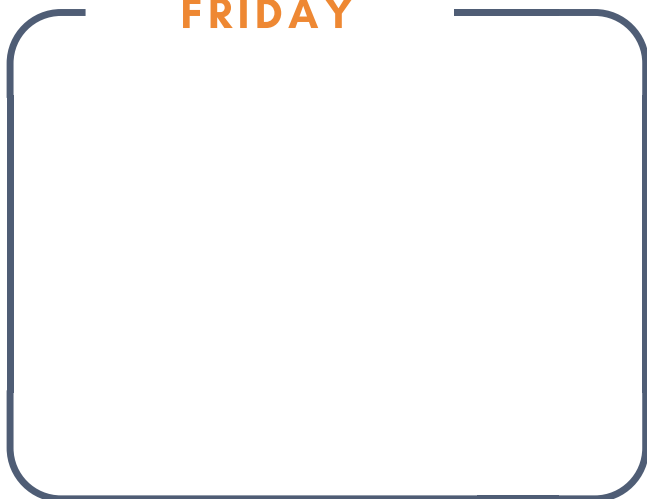
WEDNESDAY



THURSDAY



FRIDAY



SATURDAY/
SUNDAY

