

Name  
Trainer

Date  
Phase



**ROCK CITY FITNESS**

Warm Up/Flexibility	Sets	Reps	Duration	Notes

Core & Balance	Sets	Reps	Intensity	Notes

Reactive	Sets	Reps	Intensity	Notes

SAQ	Sets	Reps	Intensity	Notes

Strength	Exercise	Sets	Reps	Intensity	Notes

Cardiovascular	Format	Intensity	Sets	Duration	Notes