

UniFit Training Program Template

name:			no: = equipment number					date:			
date of birth:			group of muscles: whole body					exercise day:			
training goal: general fitness											
date:											
bodyweight:											
exercise:	no:										
warm up		min. 15 minutes									
leg press	1 or 2	set:	1-2								
		repetition:	20								
		weights:									
upper back	3	set:	1-2								
		repetition:	20								
		weights:									
pull over	4	set:	1-2								
		repetition:	20								
		weights:									
lower back	5	set:	1-2								
		repetition:	20								
		weights:									
butterfly	6	set:	1-2								
		repetition:	20								
		weights:									
butterfly invers	7	set:	1-2								
		repetition:	20								
		weights:									
shoulder with weights		set:	1-2								
		repetition:	20								
		weights:									
abdominal muscle	8	set:	1-2								
		repetition:	20								
		weights:									
cool down		10 minutes									
		set:									
		repetition:									
		weights:									
		settings:									
		set:									
		repetition:									
		weights:									
		settings:									