ESPORTSTOWER Fitness Training Program

Name of Player

Name of instructor/trainer/Coach

Program start date

15-Jan-23

Client's information
Age
Gender
Height (feet)
Height (inches)
Weight (pounds)
Chest (inches)
Waist (inches)
Body fat
Target body fat
вмі
Target BMI

ரி Warm-up					
Exercises	Reps	Wts (lb)	Weeks	Frequency	Start
Exercise 1	0	0	0	0	0
Exercise 2	0	0	0	0	0
Exercise 3	0	0	0	0	0
Exercise 4	0	0	0	0	0

† Strength					
Exercises	Reps	Wts	Weeks	Frequency	Start
Exercise 1	0	0	0	0	0
Exercise 2	0	0	0	0	0
Exercise 3	0	0	0	0	0
Exercise 4	0	0	0	0	0

Suggestions

s Wts	. Weeks	Fraguency	
		Frequency	Start
0	0	0	0
0	0	0	0
0	0	0	0
0	0	0	0
	0	0 0	0 0 0

∱ Cool-down					
Exercises	Reps	Wts	Weeks	Frequency	Start
Exercise 1	0	0	0	0	0
Exercise 2	0	0	0	0	0
Exercise 3	0	0	0	0	0
Exercise 4	0	0	0	0	0



		15-Ja	n-23	to	20-	Jan-23																			
	Week #1	Leg	ends																						
		Reps		Repetit	ions as	suggested		Wts		Weigh	t as sug	gested		Diff				Differ	rence bet	ween sug	gested and	actual			
							F	Please fill t	he actual da	ata for sugge	ested exer	cises and	find the diffe	rence/deviation	on on repeti	tions and we	eight parame	eters to sched	lule next we	ek's progra	m				
	Day		Da	y-1			Day	/-2			Da	y-3			Da	y-4			Da	ay-5			Day	6	
	Dates		15-Ja	an-23			16-Ja	in-23			17-J	an-23			18-Ja	an-23			19-J	an-23			20-Jar	-23	
أجر	• Warm-up	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff
	Exercise 1		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00
	Exercise 2		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00
	Exercise 3		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00
	Exercise 4		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00
Ť	Strength	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Dif	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff
	Exercise 1		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00
	Exercise 2		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00
	Exercise 3		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00
	Exercise 4		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00
-K	Cardio	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Difl	Reps	Dif	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff
	Exercise 1		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00
	Exercise 2		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00
	Exercise 3		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00
	Exercise 4		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00
广	- Cool-down	Reps	Diff	Wts	Diff	Reps	Diff	Wts	s Difl	Reps	Dif	Wt	s Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff
	Exercise 1		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00
	Exercise 2		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00
	Exercise 3		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00
	Exercise 4		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00

Instructions: Duplicate this sheet to accommodate number of weeks as per the scheduled program

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