

## EPTI PROGRAMME CARD



Client Name:		Date:		Trainer:	
PAR-Q Complete? Y/N			Notes:		Verbal Screening Notes:
Warm Up:					
CV Equipment	Duration	Workload/ Intensity		Notes, Teaching Points	
Dynamic Stretches:					
Resistance Training:					
Exercise		Sets	Reps	Notes, Teaching Points	
CV:					
CV Equipment	Duration	Format, Workload, Work/ Rest		Notes, Teaching Points	
Cool Down:					
CV Equipment	Duration	Workload/ Intensity		Notes, Teaching Points	
Core:					
Exercise		Sets	Reps	Notes, Teaching Points	
Static Stretches:					
Notes:					