



CLIENT INFORMATION:
 Name Dina Elfallal
 Age 9
 Goal Increase General Fitness Level and Flexibility
 Work intensity Moderate
 Work routine twice a week

DAY 1		CARDIO	
EXERCISE	SET	RIPS/TIME	NOTES
Jumping Jacks	3	10	
Speed Ladder agility exercises	3		
Burpees	3	10	
Cones Circuit	3		
Medecine Ball exercises	3		
Rope		50 reps	
Core exercises	3		
Flexibility exercises	3		

DAY 2		CARDIO	
EXERCISE	SET	RIPS/TIME	NOTES

DAY 3**CARDIO**

EXERCISE	SET	RIPS/TIME	NOTES

DAY 4**CARDIO**

EXERCISE	SET	RIPS/TIME	NOTES

DAY 5**CARDIO**

EXERCISE	SET	RIPS/TIME	NOTES