



CLIENT INFORMATION:

Name : Michael
Age : 11
Goal : Upper back Str & lose weight
Work intensity : Moderate
Work routine : (upper body focus – Interval full body)

DAY 1 upper body focus

WARMUP+DYNAMIC 10-15min

EXERCISE	SET	RIPS/TIME	NOTES
Band Upper back / Mid back pull	3	20/20	
Lat Pull down / over Head	3	15/15	
Swimming band pull / Pushups	3	15/15	
Squats / Rowing	3	30/2min	
Hip movers / Treadmill run	3	15-15-15/2min	

DAY 2 Interval full body (1)

WARMUP+DYNAMIC 10-15min

EXERCISE	SET	RIPS/TIME	NOTES
Basket situps throws / lateral throws	3	15/2min	
Spider Plank / Basket ZIGZAG	3	15/3min	
In and out elbow plank / 123 cone	3	15/2min	
Crunch+S-S / One Leg balance	3	20-20/3min	
Bike Ride	1	10-20min	