



Sample Prescription Program

Name of Client	
Name of the Instructor/Trainer	
Program start date	

Client's Information	
Age	
Gender	
Height (Feet)	
Height (Inches)	
Weight (Pounds)	
Chest (Inches)	
Waist (inches)	
Body Fat	
Target Body Fat	
BMI	
Target BMI	

Week 1-2; Day 1,4						
Upper Body & Endurance						
Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest	
Bench Press	3	12	70%	-	30-60sec	
Deadlift	3	12	70%	-	30-60sec	
Incline Dumbbell Press	3	12	70%	-	30-60sec	
Lat Pulldown	3	12	70%	-	30-60sec	
Triceps Extension	3	12	70%	-	30-60sec	
Biceps Curl	3	12	70%	-	30-60sec	
Decline Sit Ups	3	12	70%	-	30-60sec	
Medicine Ball Toss	3	12ea	5kg	-	30-60sec	
Run on Day 1	-	-	20min	40-50%HRR	-	
Bike on Day 2	-	-	20min	40-50%HRR	-	

Notes	
Week 1-2: Day 2,5 and 7 are rest days	

Week 1-2; Day 3,6						
Lower Body						
Exercises	Sets	Reps	1RM/Wt/Time	%HRR	Rest	
Squats	3	12	70%	-	30-60sec	
Ball Leg Curl	3	12	70%	-	30-60sec	
Box Step Ups	3	12	70%	-	30-60sec	
Barbell Glute Bridge	3	12	70%	-	30-60sec	
Walking Lunges	3	12	70%	-	30-60sec	
Leg Press	3	12	70%	-	30-60sec	
Calf Raises	3	12	70%	-	30-60sec	
Toe Raises	3	12	70%	-	30-60sec	



Client's Information	
Age	
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Body Fat	
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BMI	
Target BMI	

Week 3; Day 1,4
Upper Body & Endurance

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Bench Press	3	12	75%	-	30-60sec
Deadlift	3	12	75%	-	30-60sec
Incline Dumbbell Press	3	12	75%	-	30-60sec
Lat Pulldown	3	12	75%	-	30-60sec
Triceps Extension	3	12	75%	-	30-60sec
Biceps Curl	3	12	75%	-	30-60sec
Decline Sit Ups	3	12	75%	-	30-60sec
Medicine Ball Toss	3	15ea	5kg	-	30-60sec
Run on Day 1	-	-	30min	45-50%HRR	-
Bike on Day 2	-	-	30min	45-50%HRR	-

Notes
Week 3: Day 2,5 & 7 are rest days

Week 1-2; Day 3,6
Lower Body

Exercises	Sets	Reps	1RM/Wt/Time	%HRR	Rest
Squats	3	12	75%	-	30-60sec
Ball Leg Curl	3	12	75%	-	30-60sec
Box Step Ups	3	12	75%	-	30-60sec
Barbell Glute Bridge	3	12	75%	-	30-60sec
Walking Lunges	3	12	75%	-	30-60sec
Leg Press	3	12	75%	-	30-60sec
Calf Raises	3	12	75%	-	30-60sec
Toe Raises	3	12	75%	-	30-60sec



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Age	
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BMI	
Target BMI	

Week 4; Day 1,4
Upper Body & Endurance

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Bench Press	4	10	75%	-	30-60sec
Deadlift	4	10	75%	-	30-60sec
Incline Dumbbell Press	4	10	75%	-	30-60sec
Lat Pulldown	4	10	75%	-	30-60sec
Triceps Extension	4	10	75%	-	30-60sec
Biceps Curl	4	10	75%	-	30-60sec
Decline Sit Ups	4	10	75%	-	30-60sec
Medicine Ball Toss	4	15ea	5kg	-	30-60sec
Run on Day 1	-	-	30min	45-50%HRR	-
Bike on Day 2	-	-	30min	45-50%HRR	-

Notes
Week 4: Day 2,5 & 7 are rest days

Week 4, Day 3,6
Lower Body

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Squats	4	10	75%	-	30-60sec
Ball Leg Curl	4	10	75%	-	30-60sec
Box Step Ups	4	10	75%	-	30-60sec
Barbell Glute Bridge	4	10	75%	-	30-60sec
Walking Lunges	4	10	75%	-	30-60sec
Leg Press	4	10	75%	-	30-60sec
Calf Raises	4	10	75%	-	30-60sec
Toe Raises	4	10	75%	-	30-60sec



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Height (Feet)	
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Target BMI	

Week 5-6, Day 1,4
Upper Body & Endurance

Exercises	Sets	Reps	1RM/Wt/Time	%HRR	Rest
Chain Press	3	12	70%	-	30-60sec
Bent Over Row	3	12	70%	-	30-60sec
Shoulder Press	3	12	70%	-	30-60sec
Back Extension	3	12	70%	-	30-60sec
Overhead Triceps Extension	3	12	70%	-	30-60sec
Concentration Curls	3	12	70%	-	30-60sec
Shrugs	3	12	70%	-	30sec
Planks	3	12	1min	-	30sec
Exercise Ball Pull In	3	12	-	-	30sec
Run on Day 1	3	12	3min	45-50%HRR	-
Bike on Day 4	-	-	30min	45-50%HRR	-

Notes	
Week 5-6: Day 2 & 7 are rest days	

Week 5-6, Day 3,6
Lower Body

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Barbell Side Split Squats	3	10	75%	-	30-60sec
Kettle-Bell Swings	3	10	75%	-	30-60sec
Cable Abductors	3	10	75%	-	30-60sec
Cable Adductors	3	10	75%	-	30-60sec
Walking Lunges	3	10	75%	-	30-60sec
Leg Press	3	10	75%	-	30-60sec
Calf Raises	3	10	75%	-	30-60sec
Toe Raises	3	10	75%	-	30-60sec

Week 5-6, Day 5
Cardio

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Run	-	-	40min	45-50%HRR	-



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Week 7, Day 1,4
Upper Body & Endurance

Exercises	Sets	Reps	1RM/Wt/Time	%HRR	Rest
Chain Press	4	12	75%	-	30-60sec
Bent Over Row	4	12	75%	-	30-60sec
Shoulder Press	4	12	75%	-	30-60sec
Back Extension	4	12	75%	-	30-60sec
Overhead Triceps Extension	4	12	75%	-	30-60sec
Concentration Curls	4	12	75%	-	30-60sec
Shrugs	4	12	75%	-	30sec
Planks	4	12	2min	-	30sec
Exercise Ball Pull In	4	12	-	-	30sec
Run on Day 1	4	12	3min	45-50%HRR	-
Bike on Day 4	-	-	30min	45-50%HRR	-

Notes
Week 7: Day 2 & 7 are rest days

Week 7, Day 3,6
Lower Body

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Barbell Side Split Squats	4	10	75%	-	30-60sec
Kettle-Bell Swings	4	10	75%	-	30-60sec
Cable Abductors	4	10	75%	-	30-60sec
Cable Adductors	4	10	75%	-	30-60sec
Walking Lunges	4	10	75%	-	30-60sec
Leg Press	4	10	75%	-	30-60sec
Calf Raises	4	10	75%	-	30-60sec
Toe Raises	4	10	75%	-	30-60sec

Week 7, Day 5
Cardio

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Run	-	-	45min	45-50%HRR	-



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Week 8, Day 1,4
Upper Body & Endurance

Exercises	Sets	Reps	1RM/Wt/Time	%HRR	Rest
Chain Press	4	12	80%	-	30-60sec
Bent Over Row	4	12	80%	-	30-60sec
Shoulder Press	4	12	80%	-	30-60sec
Back Extension	4	12	80%	-	30-60sec
Overhead Triceps Extension	4	12	80%	-	30-60sec
Concentration Curls	4	12	80%	-	30-60sec
Shrugs	4	12	80%	-	30sec
Planks	4	12	2min	-	30sec
Exercise Ball Pull In	4	12	-	-	30sec
Run on Day 1	4	12	3min	45-50%HRR	-
Bike on Day 4	-	-	30min	45-50%HRR	-

Notes
Week 8: Day 2 & 7 are rest days

Week 8, Day 3,6
Lower Body

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Barbell Side Split Squats	4	10	80%	-	30-60sec
Kettle-Bell Swings	4	10	80%	-	30-60sec
Cable Abductors	4	10	80%	-	30-60sec
Cable Adductors	4	10	80%	-	30-60sec
Walking Lunges	4	10	80%	-	30-60sec
Leg Press	4	10	80%	-	30-60sec
Calf Raises	4	10	80%	-	30-60sec
Toe Raises	4	10	80%	-	30-60sec

Week 8, Day 5
Cardio

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Run	-	-	45min	45-50%HRR	-