



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	

Notes
Week 1-2: Day 3 & 6 are rest days

Week 1-2; Day 1 Upper Body - Strength

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Bench Press	4	6	80%	-	2-3min
Military Press	4	6	80%	-	2-3min
Seated Row	4	6	80%	-	2-3min
Overhead Extension	4	6	80%	-	2-3min
Weighted Back Extensions	4	6	80%	-	2-3min
Concentration Curls	4	6	80%	-	2-3min
Hanging Leg Raises	4	12	Body Wt	-	30-60sec
Backward Overhead Toss	4	8	10kg	-	1-2min

Week 1-2; Day 2 Lower Body - Power

Exercises	Sets	Reps	1RM/Wt/Time	%HRR	Rest
Jump Squat	4	6	Body Wt	-	2-5min
Barbell Step Ups	4	6	90%	-	3-5min
Split Squat	4	6	Body Wt	-	2-5min
Box Jumps	4	6	Body Wt	-	2-5min
Broad Jumps	4	6	Body Wt	-	2-5min



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Notes
Week 4: Day 3 & 6 are rest days

Week 4; Day 1 Upper Body - Strength

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Bench Press	4	6	90%	-	2-3min
Military Press	4	6	90%	-	2-3min
Seated Row	4	6	90%	-	2-3min
Overhead Extension	4	6	90%	-	2-3min
Weighted Back Extensions	4	6	90%	-	2-3min
Concentration Curls	4	6	90%	-	2-3min
Hanging Leg Raises	4	12	Body Wt	-	60
Backward Overhead Toss	5	6	15kg	-	1-2min

Week 4; Day 2 Lower Body - Power

Exercises	Sets	Reps	1RM/Wt/Time	%HRR	Rest
Jump Squat	5	4	Body Wt	-	2-5min
Barbell Step Ups	5	4	95%	-	3-5min
Split Squat	5	4	Body Wt	-	2-5min
Box Jumps	5	4	Body Wt	-	2-5min
Broad Jumps	5	4	Body Wt	-	2-3min



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Notes
Week 5-6: Day 3 & 6 are rest days

Week 5-6; Day 1 Upper Body - Strength

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Incline Bench Press	4	6	80%	-	2-3min
Seated Shoulder Flys	4	6	80%	-	2-3min
Barbell Shrugs	4	6	80%	-	2-3min
Bent Over Long bar Row	4	6	80%	-	2-3min
Triceps Pull Over	4	6	80%	-	2-3min
Barbell Curls	4	6	80%	-	2-3min

Week 5-6; Day 2 Lower Body - Power

Exercises	Sets	Reps	1RM/Wt/Time	%HRR	Rest
Clean Pull	4	6	90%	-	5min
Deadlift with Chains	4	6	90%	-	5min
Kneeling Jump Squat	4	6	90%	-	5min
Hang Clean	4	6	90%	-	5min
Lateral Box Jumps	4	6	90%	-	5min



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Notes	
Week 7: Day 3 & 6 are rest days	

Week 7; Day 1
Upper Body - Strength

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Incline Bench Press	4	6	85%	-	2-3min
Seated Shoulder Flys	4	6	85%	-	2-3min
Barbell Shrugs	4	6	85%	-	2-3min
Bent Over Long bar Row	4	6	85%	-	2-3min
Triceps Pull Over	4	6	85%	-	2-3min
Barbell Curls	4	6	85%	-	2-3min

Week 7; Day 2
Lower Body - Power

Exercises	Sets	Reps	1RM/Wt/Time	%HRR	Rest
Clean Pull	5	5	90%	-	5min
Deadlift with Chains	5	5	90%	-	5min
Kneeling Jump Squat	5	5	90%	-	5min
Hang Clean	5	5	90%	-	5min
Lateral Box Jumps	5	5	90%	-	5min

Week 7; Day 4
Upper Body - Power

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Clean and Jerk	5	4	90%	-	3-5min
Bent Over Long Bar Row	5	4	90%	-	3-5min
Bench Press with Chains	5	4	90%	-	3-5min
Romanian Deadlift	5	4	90%	-	3-5min
Push Press	5	4	90%	-	3-5min
Medball Side Toss	5	4	90%	-	3-5min



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Notes	
Week 7: Day 3 & 6 are rest days	

Week 7; Day 5
Lower Body - Strength

Exercises	Sets	Reps	1RM/Wt/Time	%HR	Rest
Barbell Lunge	4	6	85%	-	2-3min
Kettle Bell One Legged Squat	4	6	85%	-	2-3min
Barbell Side Split Squat	4	6	85%	-	2-3min
Seated Calf Raise	4	6	85%	-	2-3min
Flutter Kicks	4	6	85%	-	2-3min
<i>Speed Training</i>					
HITT Wingate (Bike)	6	1	-	90%	1min

Week 7, Day 7
Speed Training

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Hill Runs	4	-	-	85%	2min
Elastic Band Kareoke's	4	-	-	85%	2min
Plyometric Box Jumps	4	-	-	85%	2min
20yrd Shuttle Run	4	-	-	85%	2min
Elastic High Knees	4	-	-	85%	2min
Sled Pull	4	-	-	85%	2min



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Notes	
Week 8: Day 3 & 6 are rest days	

Week 8; Day 1
Upper Body - Strength

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Incline Bench Press	5	5	85%	-	2-3min
Seated Shoulder Flys	5	5	85%	-	2-3min
Barbell Shrugs	5	5	85%	-	2-3min
Bent Over Long bar Row	5	5	85%	-	2-3min
Triceps Pull Over	5	5	85%	-	2-3min
Barbell Curls	5	5	85%	-	2-3min

Week 8; Day 2
Lower Body - Power

Exercises	Sets	Reps	1RM/Wt/Time	%HRR	Rest
Clean Pull	5	5	90%	-	4min
Deadlift with Chains	5	5	90%	-	4min
Kneeling Jump Squat	5	5	90%	-	4min
Hang Clean	5	5	90%	-	4min
Lateral Box Jumps	5	5	90%	-	4min

Week 8; Day 4
Upper Body - Power

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Clean and Jerk	5	5	90%	-	4min
Bent Over Long Bar Row	5	5	90%	-	4min
Bench Press with Chains	5	5	90%	-	4min
Romanian Deadlift	5	5	90%	-	4min4
Push Press	5	5	90%	-	4min
Medball Side Toss	5	5	90%	-	4min



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Week 8: Day 3 & 6 are rest days	

Week 8; Day 5
Lower Body - Strength

Exercises	Sets	Reps	1RM/Wt/Time	%HR	Rest
Barbell Lunge	5	5	85%	-	2-3min
Kettle Bell One Legged Squat	5	5	85%	-	2-3min
Barbell Side Split Squat	5	5	85%	-	2-3min
Seated Calf Raise	5	5	85%	-	2-3min
Flutter Kicks	5	5	85%	-	2-3min
<i>Speed Training</i>					
HITT Wingate (Bike)	7	1	-	90%	1min

Week 8, Day 7
Speed Training

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Hill Runs	4	-	-	90%	2min
Elastic Band Kareoke's	4	-	-	90%	2min
Plyometric Box Jumps	4	-	-	90%	2min
20yrd Shuttle Run	4	-	-	90%	2min
Elastic High Knees	4	-	-	90%	2min
Sled Pull	4	-	-	90%	2min