

## FORM 7.2 Resistance Training Prescription Card

<b>Client name</b>	<b>Trainer name</b>
<b>Client goals</b>	<b>Special considerations</b>

Circulatory Warm-Up			
Equipment and mode	Workload	Time	HR/PE objective

Stretching Warm-Up	
Name and brief description	Guidelines

Resistance Workout	
Equipment type (e.g., free weights)	Training method

Guidelines

Exercise (brief description)	Muscles	Intensity and weight	Reps	Sets	Rest between sets	Precautions

*(continued)*

(continued)

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<b>Progression</b>
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<b>Cool-Down</b>
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Name and brief description	Guidelines

Note: HR = heart rate; PE = perceived exertion.