

FORM 7.1 Resistance Training Prescription Worksheet

Client name

Trainer name

Exercise (brief description)	Body area, muscles	Intensity and weight	Reps	Sets	Rest between sets	Precautions

(continued)

(continued)

Exercise (brief description)	Body area, muscles	Intensity and weight	Reps	Sets	Rest between sets	Precautions

Method of Progression:

Exercise Selection Examples (by Body Area)

Use the prescription model guidelines and add prescription exercises to the list of examples as needed.

Chest Bench press Supine/incline fly Supine bent-arm pullover Pec deck Cable crossover _____ _____	Shoulders Shoulder press Lateral fly Upright row _____ _____	Upper back Lat pull-down Bent-over fly Bent-over row Cable crossover _____ _____	Arms Chin-up Biceps curl Triceps extension Push-up _____ _____
Legs Leg press Lunge Squat Knee extension Knee flexion Calf raise _____ _____	Inside and outside legs Hip adduction (e.g., cable) Hip abduction _____ _____	Abdominal muscles Crunch/curl-up Reverse sit-downs Plank (front/side) Oblique crossover _____ _____	Lower back Superman Deadlift All-fours alternate arm and leg lift Prone leg/arm lift _____ _____

From J.C. Griffin, 2015, *Client-centered exercise prescription*, 3rd ed. (Champaign, IL: Human Kinetics).