**Programme card template**

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| **Client’s name:** | | | | | | | | |
| **Warm-up** | | | | | | | | |
| **CV equipment /activity** | | **Time** | **Workload/target training zone** | | | | **Notes** | |
|  | |  |  | | | |  | |
| **Mobility exercises** | | | | | | | | | |
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| **Warm-up stretches** | | | | | | | | | |
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| **Main CV component** | | | | | | | | |
| **Training system/ method:** | | | | | | | | |
| **CV equipment /activity** | | **Time** | **Workload/target training zone** | | | | **Notes** | |
|  | |  |  | | | |  | |
| **Main resistance training section (note- ‘AFE’ = alternative functional equipment)** | | | | | | | | |
| **Training system/ method:** | | | | | | | | |
| **Exercise** | | | | **RM/ FW/ BW/ AFE** | **Set/reps** | **Resistance** | | **Notes** |
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| **Cool-down** | | | | | | | | | |
| **CV equipment /activity** | | **Time** | **Workload/target training zone** | | | | **Notes** | |
|  | |  |  | | | |  | |
| **Cool-down stretches (please include duration of hold)** | | | | | | | |
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| **How could the exercises in this session be adapted if the client were not able to participate as planned or if they were too easy?** | | | | | | | |
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