SIGAFIT

WORKOUT A

Client / Notes:
Date:
Warmup:

Seq.	Exercise	Sets	Reps	Tempo	Rest	Set 1 Weight/Reps	Set 2 Weight/Reps	Set 3 Weight/Reps	Set 4 Weight/Reps	Set 5 Weight/Reps
Extra Credit										

SIGAFIT

WORKOUT B

Client / Notes:
Date:
Warmup:

Seq.	Exercise	Sets	Reps	Tempo	Rest	Set 1 Weight/Reps	Set 2 Weight/Reps	Set 3 Weight/Reps	Set 4 Weight/Reps	Set 5 Weight/Reps
Extra Credit										