**Health and Fitness**

Trainer and Class: \_\_\_\_\_\_\_\_\_\_\_

Warrior Fitness

Client’s Name and Class: \_\_\_\_\_\_\_\_\_\_\_\_\_ Client’s Age: \_\_\_\_ years old

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| **Fitness Tests** | | | |
| **Test** | **Result** | **Rating** | **Comment** |
| Cardiovascular Endurance | \_\_\_\_\_\_\_\_ minutes |  | Good ☐  Focus ☐ |
| Upper Body Muscular Endurance | \_\_\_\_\_\_\_ push-ups |  | Good ☐  Focus ☐ |
| Core Muscular Endurance | \_\_\_\_\_\_\_\_ minutes |  | Good ☐  Focus ☐ |
| Flexibility | \_\_\_\_\_\_\_\_ cm |  | Good ☐  Focus ☐ |

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| **Training Program** | | | | |
| **Area of Fitness** | **Exercise** | **Sets** | **Reps** | **Rest** |
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| What your client needs to improve on:  What might help them: |