ELEVATE GLOBAL MODULE

⊠ IMPORTANT NOTICE: DO NOT USE MICROSOFT WORD

To fill out this routine correctly, DO NOT open it with Word. Word does not support interactive PDF forms and will break the file.
USE ONLY A PDF READER: Adobe Acrobat Reader (recommended), Chrome, Edge, or Preview (Mac).

INSTRUCTIONS FOR THE PERSONAL TRAINER

1. Fill in the table with the client's exercises.
2. Use the muscle group names indicated in the legend.
3. Once completed, the user can import this PDF into the Elevate app.

SUPPORTED MUSCLE GROUPS LEGEND

Chest | Back | Quads | Hamstrings | Glutes | Calves | Biceps | Triceps | Shoulders | Abs | Forearms | Adductors/Abductors

Exercise	**Muscle**	**Sets**	**Repetitions**	**Notes**

Exercise	Muscle	Sets	Repetitions	Notes

Exercise	Muscle	Sets	Repetitions	Notes

Exercise	Muscle	Sets	Repetitions	Notes

Exercise	Muscle	Sets	Repetitions	Notes

Exercise	Muscle	Sets	Repetitions	Notes

Exercise	**Muscle**	**Sets**	**Repetitions**	**Notes**