McConnell	Certified Personal Training													NA	NAME:									
CPT FITNESS	Gertined Fersonal Frairing														TR	AINE	R:		(	Copyright © 2000 CPT Fitness, Inc.				
FITNESS TIPS [	DATE																							
✓ "Remember to warm-up be	fore stre	ngth tr	rainin	g''	✓ "D	rink v	vater	before	, duri	ng, an	d afte	r exer	cise.''	✓	''Don	't hold	l brea	th wh	ile lift	ing.''			on for	
EXERCISE	SEAT ADJ. []	REP WT.	REP WT.	REP WT.	WT.	REP WT.	REP WT.	REP WT.	WT.	REP WT.	REP WT.	REP WT.	REP WT.	REP WT.	REP WT.	REP WT.	WT.	REP WT.	WT.	REP WT.	REP WT.	REP WT.	REP WT.	REP WT.
Free weight room 1-2		Flexibility											Torso training											
•						Hold each stretch 10-20 seconds to the point of tightness, not pain.											•							
•						ugnu	ess, no	ot pain	l <b>.</b>							•								
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