

Trainer Clipart v1500 User Manual

*Over 1500 High Quality Cutting Edge
Strength and Conditioning Images*

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Trainer Clipart v1500

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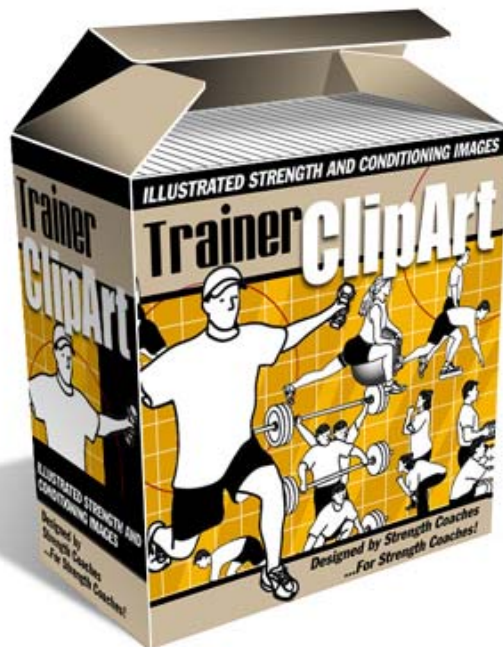
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TRAINER CLIPART V1500

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Balance



Balance



Balance (1)



Balance (2)



Balance (3)



Balance (4)



Balance (5)



Balance (6)



Balance (7)



Balance (8)



Balance (9)



Balance (10)



Balance (11)



Balance (12)



Balance (13)



Balance (14)



Balance (15)



Balance (16)



Balance (17)



Balance (18)



Balance (19)



Balance (20)



Balance (21)



Balance (22)



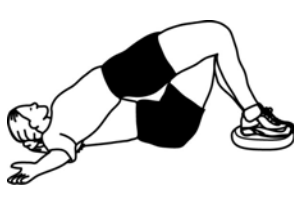
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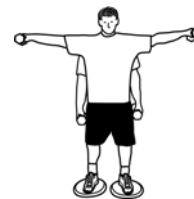
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Balance (58)



Balance (59)



Balance (60)



Balance (61)



Balance (62)



Balance (63)



Balance (64)



Balance (65)



Balance (66)



Balance (67)



Balance (68)



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Balance (71)



Balance (72)



Balance (73)



Balance (74)

Bosu



Boso



Boso (1)



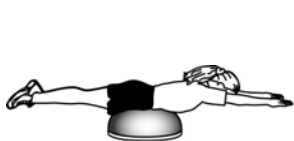
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Boso (6)



Boso (7)



Boso (8)



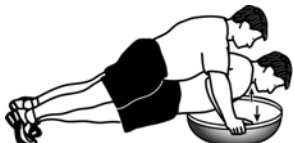
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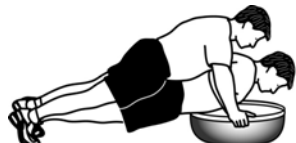
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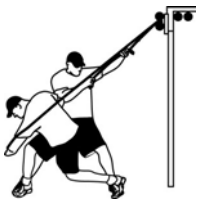


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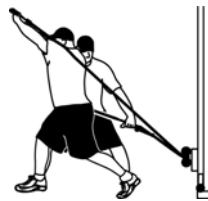


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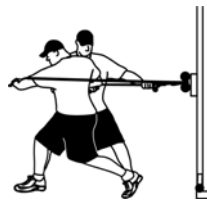
Cable



Cable



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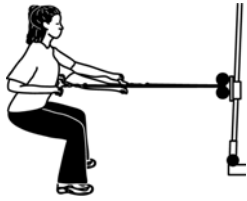
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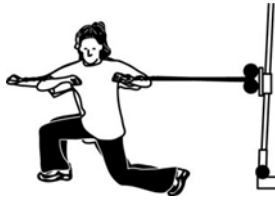
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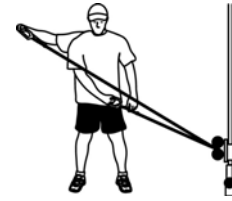
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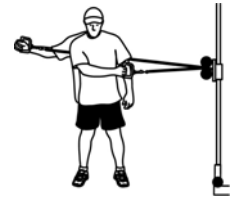
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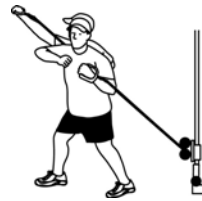
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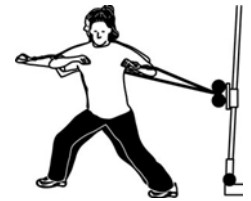
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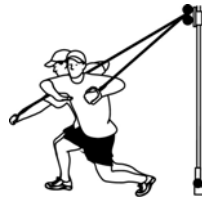
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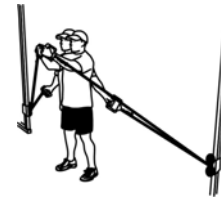
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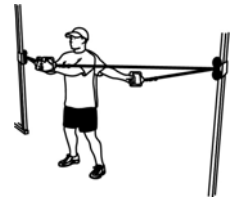
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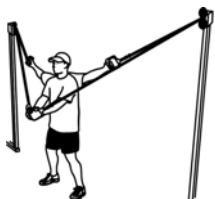
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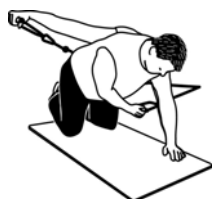
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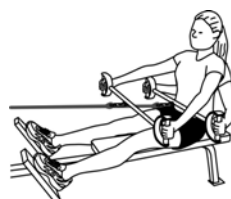
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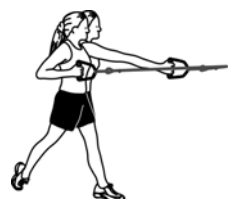
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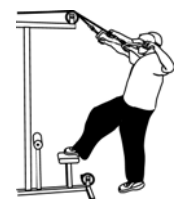
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Cable (35)



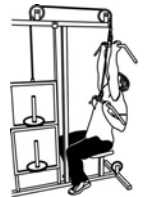
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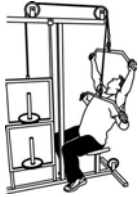
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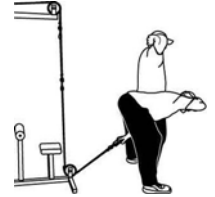
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Cable (48)

Combo



Combo



Combo (1)



Combo (2)



Combo (3)



Combo (4)



Combo (5)



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Combo (7)



Combo (8)



Combo (9)



Combo (10)



Combo (11)



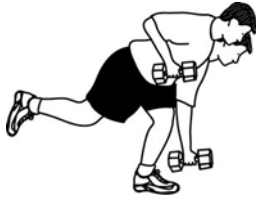
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Combo (13)



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Combo (16)



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Combo (18)

Explosive



Explosive



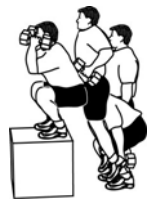
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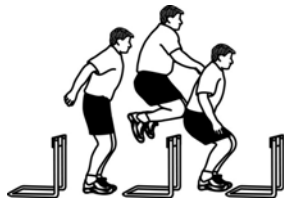
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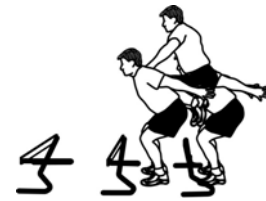
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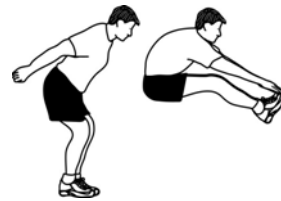
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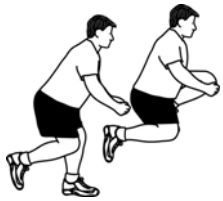
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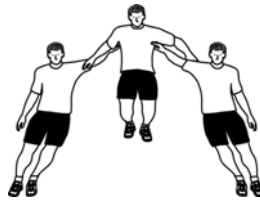
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Explosive (29)



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Explosive (31)



Explosive (32)



Explosive (33)



Explosive (34)

Elastics



Elastics



Elastics (1)



Elastics (2)



Elastics (3)



Elastics (4)



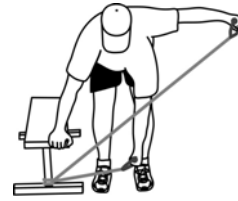
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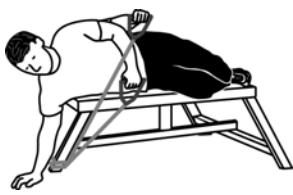
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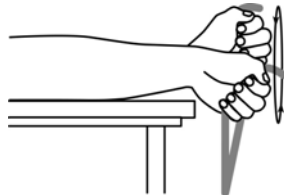
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Elastics (9)



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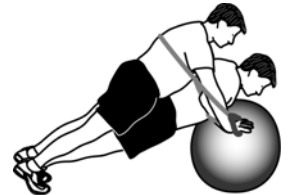
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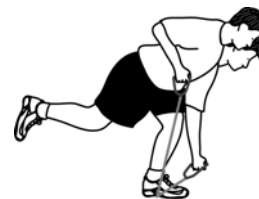
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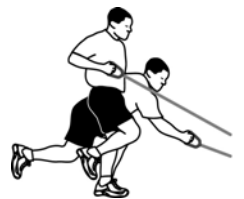
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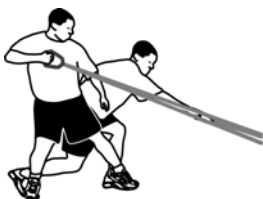
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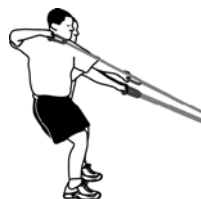
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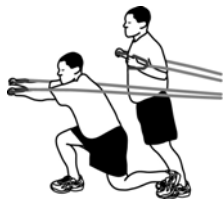
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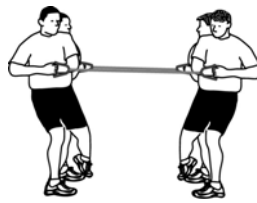
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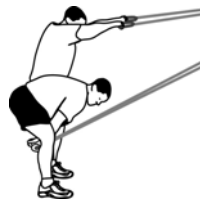
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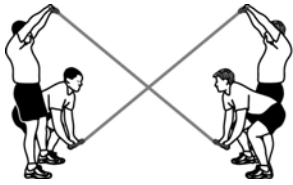
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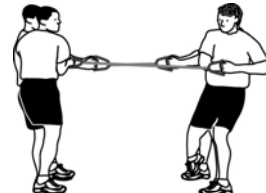
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Elastics (57)



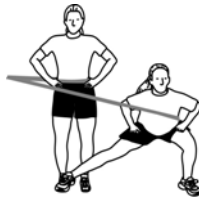
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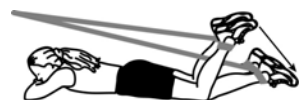
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Elastics (75)



Elastics (76)



Elastics (77)



Elastics (78)



Elastics (79)



Elastics (80)



Elastics (81)



Elastics (82)



Elastics (83)



Elastics (84)



Elastics (85)



Elastics (86)



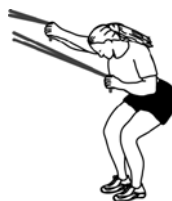
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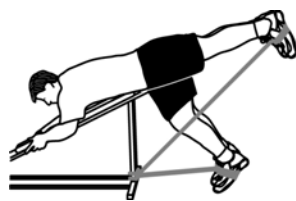
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Elastics (106)



Elastics (107)



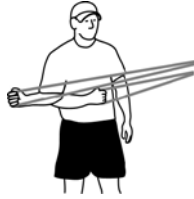
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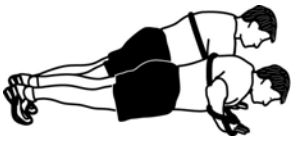
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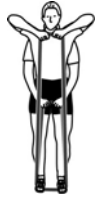
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Elastics (118)



Elastics (119)



Elastics (120)



Elastics (121)

Flexibility



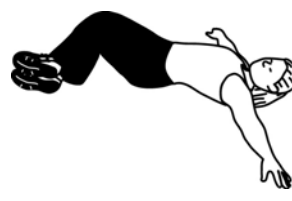
Flexibility



Flexibility (1)



Flexibility (2)



Flexibility (3)



Flexibility (4)



Flexibility (5)



Flexibility (6)



Flexibility (7)



Flexibility (8)



Flexibility (9)



Flexibility (10)



Flexibility (11)



Flexibility (12)



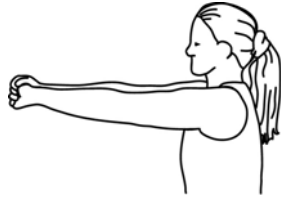
Flexibility (13)



Flexibility (14)



Flexibility (15)



Flexibility (16)



Flexibility (17)



Flexibility (18)



Flexibility (19)



Flexibility (20)



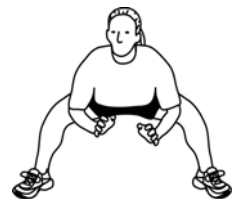
Flexibility (21)



Flexibility (22)



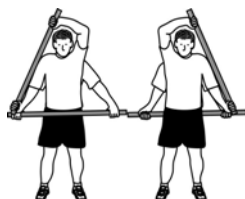
Flexibility (23)



Flexibility (24)



Flexibility (25)



Flexibility (26)



Flexibility (27)



Flexibility (28)

General Movement



General Movement



General Movement (1)



General Movement (2)



General Movement (3)



General Movement (4)



General Movement (5)



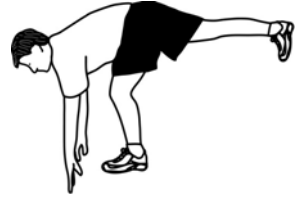
General Movement (6)



General Movement (7)



General Movement (8)



General Movement (9)



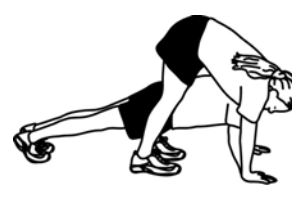
General Movement (10)



General Movement (11)



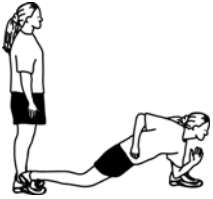
General Movement (12)



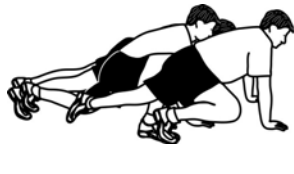
General Movement (13)



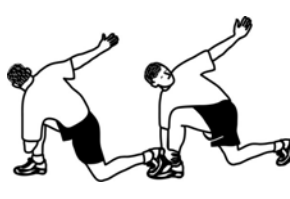
General Movement (14)



General Movement (15)



General Movement (16)



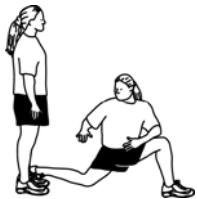
General Movement (17)



General Movement (18)



General Movement (19)



General Movement (20)



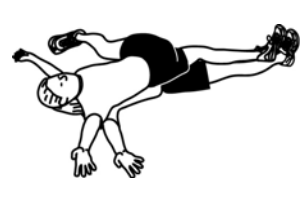
General Movement (21)



General Movement (22)



General Movement (23)



General Movement (24)



General Movement (25)



General Movement (26)



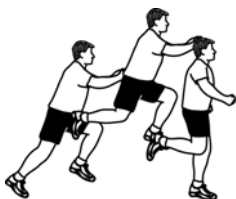
General Movement (27)



General Movement (28)



General Movement (29)



General Movement (30)



General Movement (31)



General Movement (32)



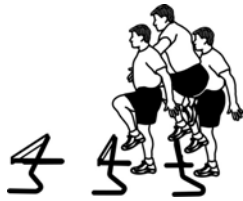
General Movement (33)



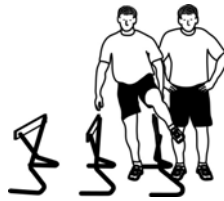
General Movement (34)



General Movement (35)



General Movement (36)



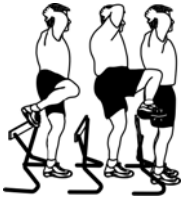
General Movement (37)



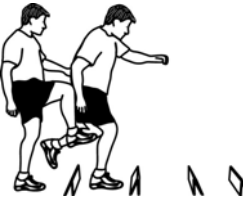
General Movement (38)



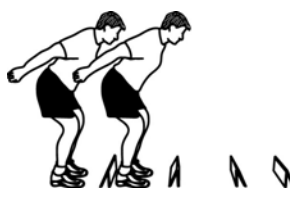
General Movement (39)



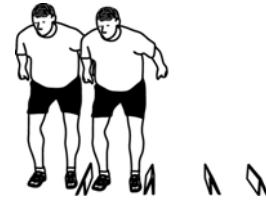
General Movement (40)



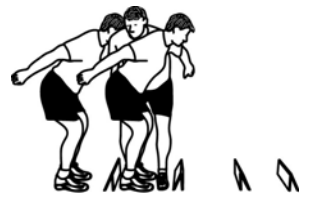
General Movement (41)



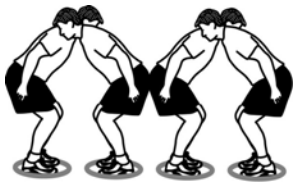
General Movement (42)



General Movement (43)



General Movement (44)



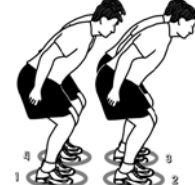
General Movement (45)



General Movement (46)



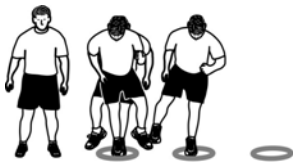
General Movement (47)



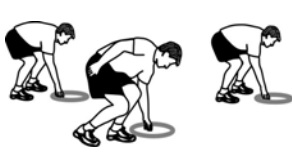
General Movement (48)



General Movement (49)



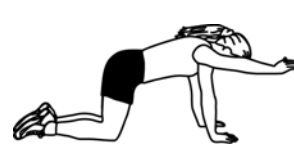
General Movement (50)



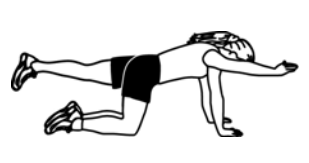
General Movement (51)



General Movement (52)



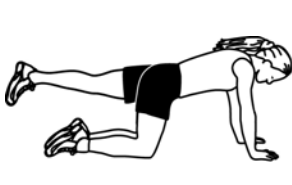
General Movement (53)



General Movement (54)



General Movement (55)



General Movement (56)



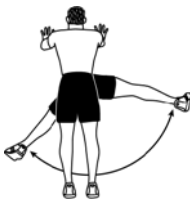
General Movement (57)



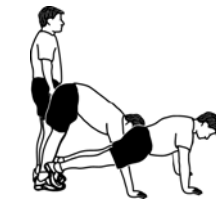
General Movement (58)



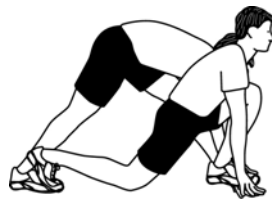
General Movement (59)



General Movement (60)



General Movement (61)



General Movement (62)



General Movement (63)

Kettlebell



Kettlebell



Kettlebell (1)



Kettlebell (2)



Kettlebell (3)



Kettlebell (4)



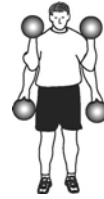
Kettlebell (5)



Kettlebell (6)



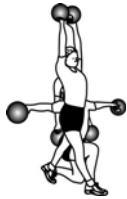
Kettlebell (7)



Kettlebell (8)



Kettlebell (9)



Kettlebell (10)

**Lower
Body**



Lower Body



Lower Body (1)



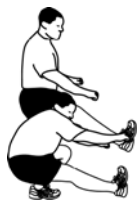
Lower Body (2)



Lower Body (3)



Lower Body (4)



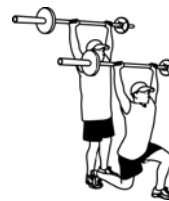
Lower Body (5)



Lower Body (6)



Lower Body (7)



Lower Body (8)



Lower Body (9)



Lower Body (10)



Lower Body (11)



Lower Body (12)



Lower Body (13)



Lower Body (14)



Lower Body (15)



Lower Body (16)



Lower Body (17)



Lower Body (18)



Lower Body (19)



Lower Body (20)



Lower Body (21)



Lower Body (22)



Lower Body (23)



Lower Body (24)



Lower Body (25)



Lower Body (26)



Lower Body (27)



Lower Body (28)



Lower Body (29)



Lower Body (30)



Lower Body (31)



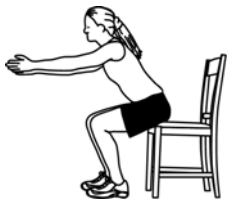
Lower Body (32)



Lower Body (33)



Lower Body (34)



Lower Body (35)



Lower Body (36)



Lower Body (37)



Lower Body (38)



Lower Body (39)



Lower Body (40)



Lower Body (41)



Lower Body (42)



Lower Body (43)



Lower Body (44)



Lower Body (45)



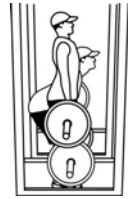
Lower Body (46)



Lower Body (47)



Lower Body (48)



Lower Body (49)



Lower Body (50)



Lower Body (51)



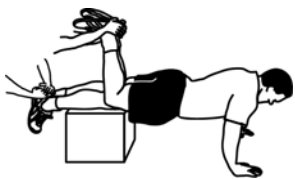
Lower Body (52)



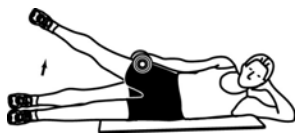
Lower Body (53)



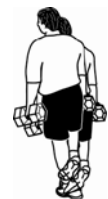
Lower Body (54)



Lower Body (55)



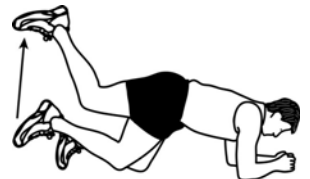
Lower Body (56)



Lower Body (57)



Lower Body (58)



Lower Body (59)



Lower Body (60)



Lower Body (61)



Lower Body (62)



Lower Body (63)



Lower Body (64)



Lower Body (65)



Lower Body (66)



Lower Body (67)



Lower Body (68)



Lower Body (69)



Lower Body (70)



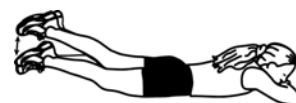
Lower Body (71)



Lower Body (72)



Lower Body (73)



Lower Body (74)



Lower Body (75)



Lower Body (76)



Lower Body (77)



Lower Body (78)



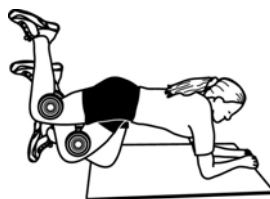
Lower Body (79)



Lower Body (80)



Lower Body (81)



Lower Body (82)



Lower Body (83)



Lower Body (84)



Lower Body (85)



Lower Body (86)



Lower Body (87)



Lower Body (88)

Machine



Machine



Machine (1)



Machine (2)



Machine (3)



Machine (4)



Machine (5)



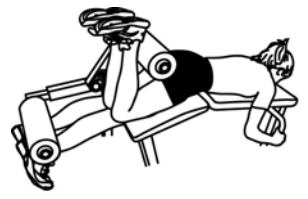
Machine (6)



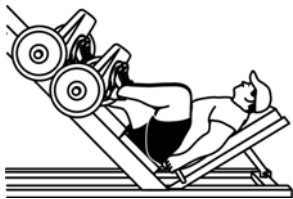
Machine (7)



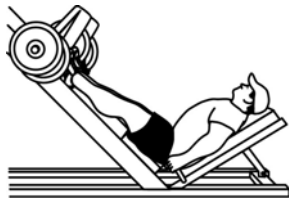
Machine (8)



Machine (9)



Machine (10)



Machine (11)



Machine (12)



Machine (13)



Machine (14)



Machine (15)



Machine (16)



Machine (17)



Machine (18)



Machine (19)



Machine (20)



Machine (21)



Machine (22)



Machine (23)



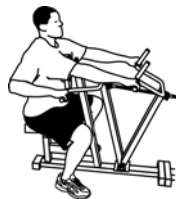
Machine (24)



Machine (25)



Machine (26)



Machine (27)



Machine (28)



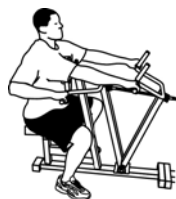
Machine (29)



Machine (30)



Machine (31)



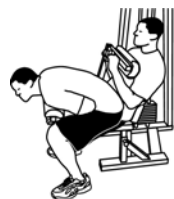
Machine (32)



Machine (33)

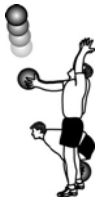


Machine (34)



Machine (35)

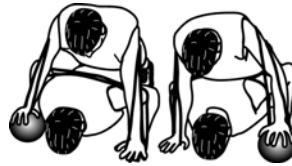
Medball



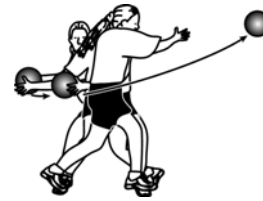
Medicine Ball



Medicine Ball (1)



Medicine Ball (2)



Medicine Ball (3)



Medicine Ball (4)



Medicine Ball (5)



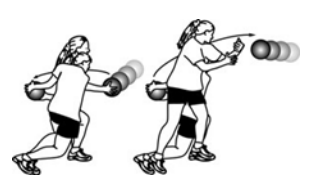
Medicine Ball (6)



Medicine Ball (7)



Medicine Ball (8)



Medicine Ball (9)



Medicine Ball (10)



Medicine Ball (11)



Medicine Ball (12)



Medicine Ball (13)



Medicine Ball (14)



Medicine Ball (15)



Medicine Ball (16)



Medicine Ball (17)



Medicine Ball (18)



Medicine Ball (19)



Medicine Ball (20)



Medicine Ball (21)



Medicine Ball (22)



Medicine Ball (23)



Medicine Ball (24)



Medicine Ball (25)



Medicine Ball (26)



Medicine Ball (27)



Medicine Ball (28)



Medicine Ball (29)



Medicine Ball (30)



Medicine Ball (31)



Medicine Ball (32)



Medicine Ball (33)



Medicine Ball (34)



Medicine Ball (35)



Medicine Ball (36)



Medicine Ball (37)



Medicine Ball (38)



Medicine Ball (39)



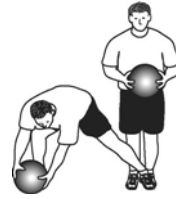
Medicine Ball (40)



Medicine Ball (41)



Medicine Ball (42)



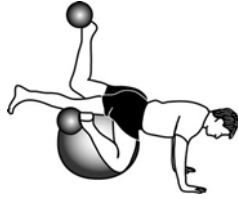
Medicine Ball (43)



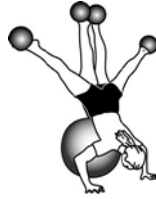
Medicine Ball (44)



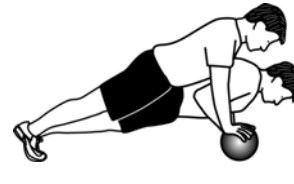
Medicine Ball (45)



Medicine Ball (46)



Medicine Ball (47)



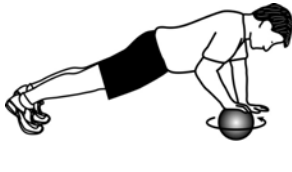
Medicine Ball (48)



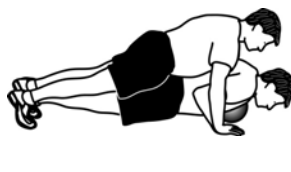
Medicine Ball (49)



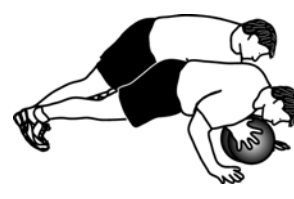
Medicine Ball (50)



Medicine Ball (51)



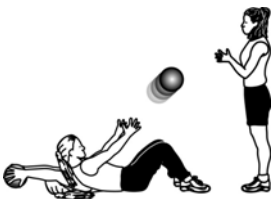
Medicine Ball (52)



Medicine Ball (53)



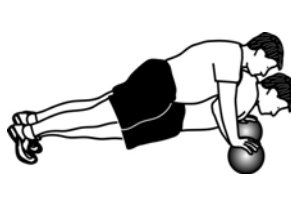
Medicine Ball (54)



Medicine Ball (55)



Medicine Ball (56)



Medicine Ball (57)



Medicine Ball (58)



Medicine Ball (59)



Medicine Ball (60)



Medicine Ball (61)



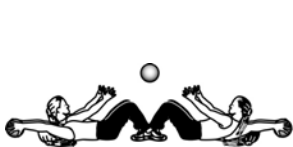
Medicine Ball (62)



Medicine Ball (63)



Medicine Ball (64)



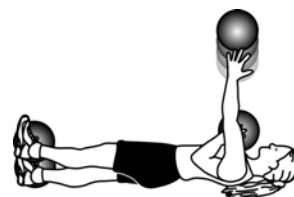
Medicine Ball (65)



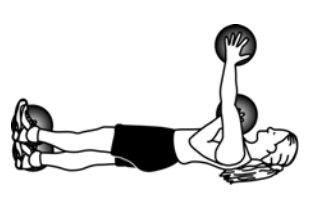
Medicine Ball (66)



Medicine Ball (67)



Medicine Ball (68)



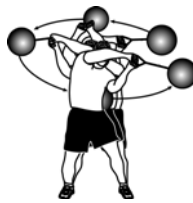
Medicine Ball (69)



Medicine Ball (70)



Medicine Ball (71)



Medicine Ball (72)



Medicine Ball (73)



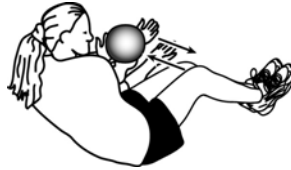
Medicine Ball (74)



Medicine Ball (75)



Medicine Ball (76)



Medicine Ball (77)



Medicine Ball (78)



Medicine Ball (79)



Medicine Ball (80)



Medicine Ball (81)



Medicine Ball (82)



Medicine Ball (83)



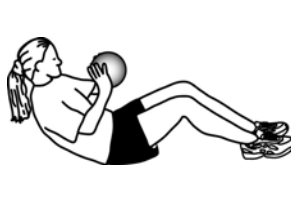
Medicine Ball (84)



Medicine Ball (85)



Medicine Ball (86)



Medicine Ball (87)



Medicine Ball (88)



Medicine Ball (89)



Medicine Ball (90)



Medicine Ball (91)



Medicine Ball (92)



Medicine Ball (93)



Medicine Ball (94)



Medicine Ball (95)



Medicine Ball (96)



Medicine Ball (97)



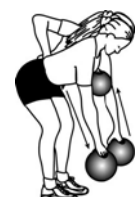
Medicine Ball (98)



Medicine Ball (99)



Medicine Ball (100)



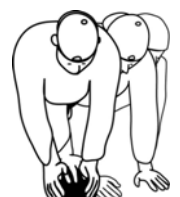
Medicine Ball (101)



Medicine Ball (102)



Medicine Ball (103)



Medicine Ball (104)



Medicine Ball (105)



Medicine Ball (106)



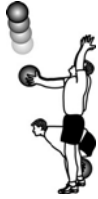
Medicine Ball (107)



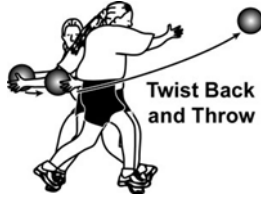
Medicine Ball (108)



Medicine Ball (109)



Medicine Ball (110)



Medicine Ball (111)

**Twist Back
and Throw**



Medicine Ball (112)

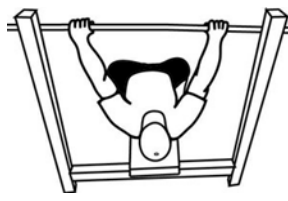
Other



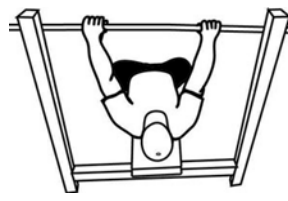
Other



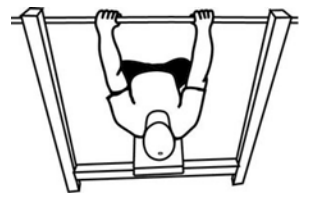
Other (1)



Other (2)

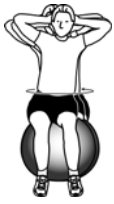


Other (3)

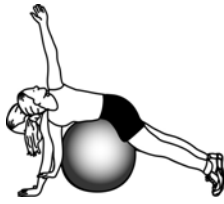


Other (4)

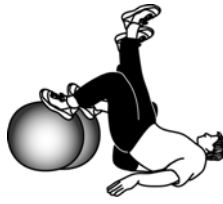
Physioball



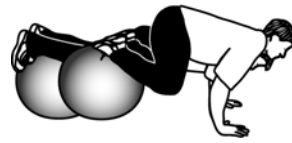
Physioball



Physioball (1)



Physioball (2)



Physioball (3)



Physioball (4)



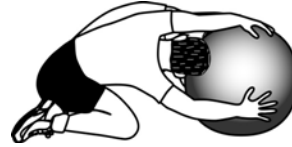
Physioball (5)



Physioball (6)



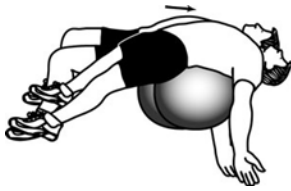
Physioball (7)



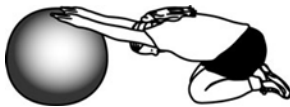
Physioball (8)



Physioball (9)



Physioball (10)



Physioball (11)



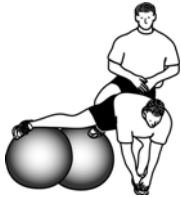
Physioball (12)



Physioball (13)



Physioball (14)



Physioball (15)



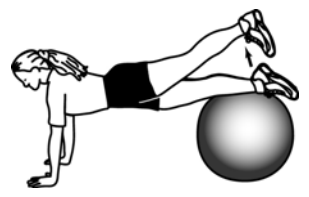
Physioball (16)



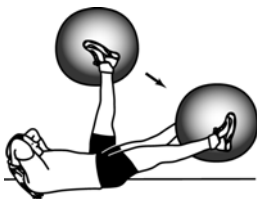
Physioball (17)



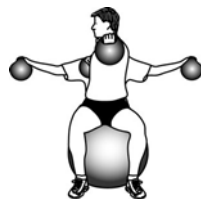
Physioball (18)



Physioball (19)



Physioball (20)



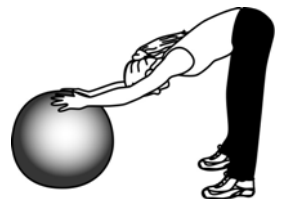
Physioball (21)



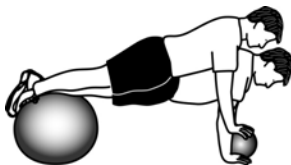
Physioball (22)



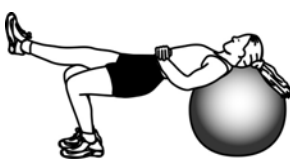
Physioball (23)



Physioball (24)



Physioball (25)



Physioball (26)



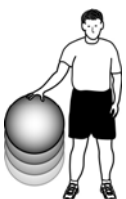
Physioball (27)



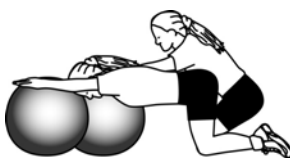
Physioball (28)



Physioball (29)



Physioball (30)



Physioball (31)



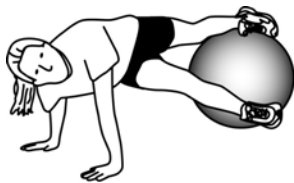
Physioball (32)



Physioball (33)



Physioball (34)



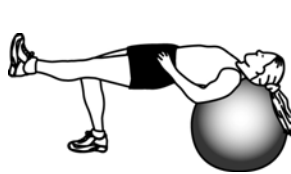
Physioball (35)



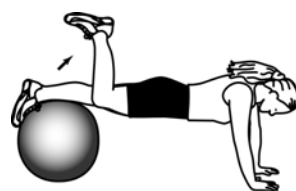
Physioball (36)



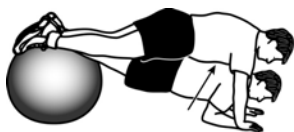
Physioball (37)



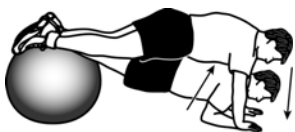
Physioball (38)



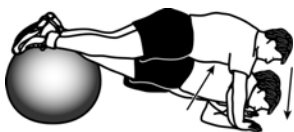
Physioball (39)



Physioball (40)



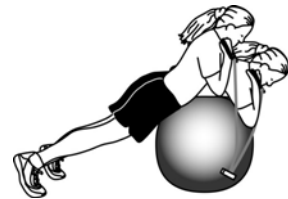
Physioball (41)



Physioball (42)



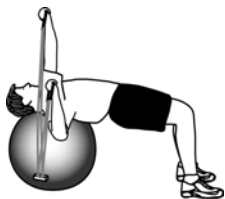
Physioball (43)



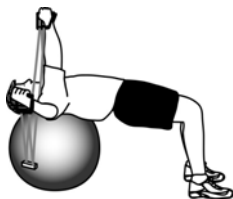
Physioball (44)



Physioball (45)



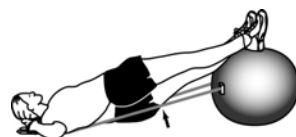
Physioball (46)



Physioball (47)



Physioball (48)



Physioball (49)



Physioball (50)



Physioball (51)



Physioball (52)



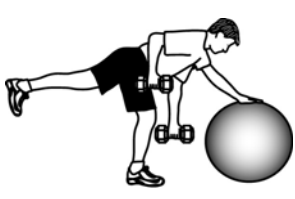
Physioball (53)



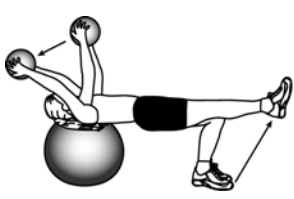
Physioball (54)



Physioball (55)



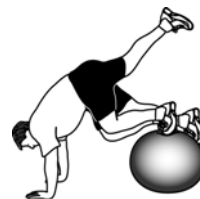
Physioball (56)



Physioball (57)



Physioball (58)



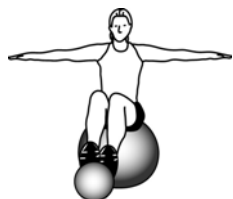
Physioball (59)



Physioball (60)



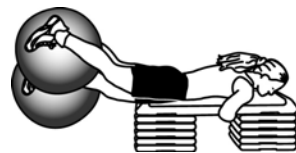
Physioball (61)



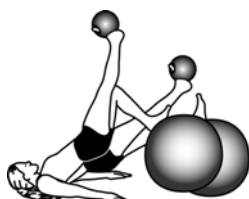
Physioball (62)



Physioball (63)



Physioball (64)



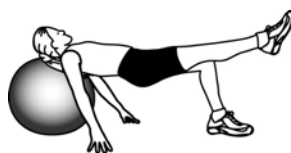
Physioball (65)



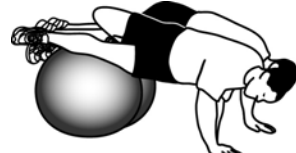
Physioball (66)



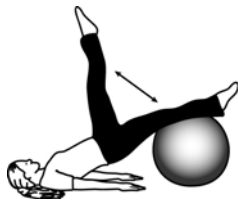
Physioball (67)



Physioball (68)



Physioball (69)



Physioball (70)



Physioball (71)



Physioball (72)



Physioball (73)



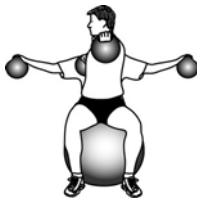
Physioball (74)



Physioball (75)



Physioball (76)



Physioball (77)



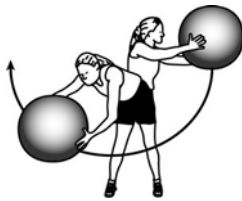
Physioball (78)



Physioball (79)



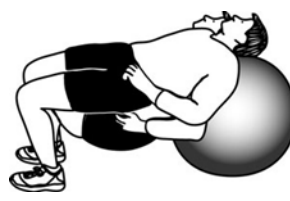
Physioball (80)



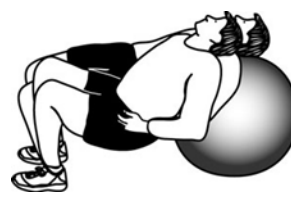
Physioball (81)



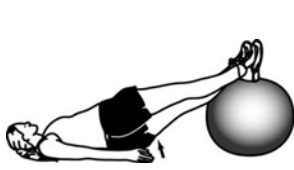
Physioball (82)



Physioball (83)



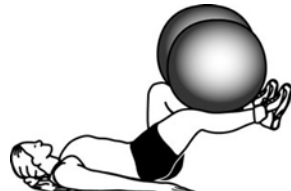
Physioball (84)



Physioball (85)



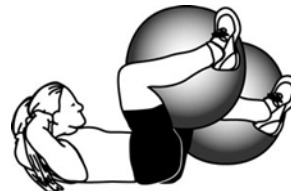
Physioball (86)



Physioball (87)



Physioball (88)



Physioball (89)



Physioball (90)



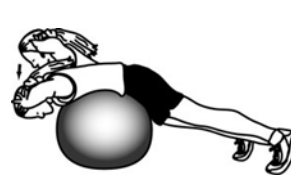
Physioball (91)



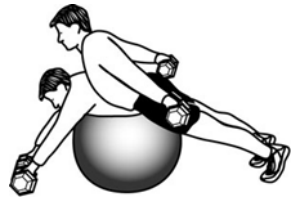
Physioball (92)



Physioball (93)



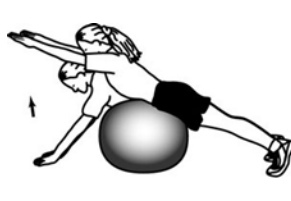
Physioball (94)



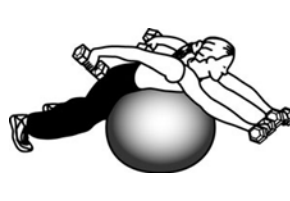
Physioball (95)



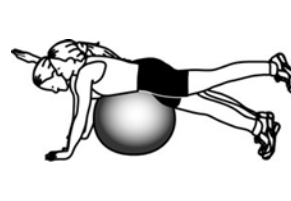
Physioball (96)



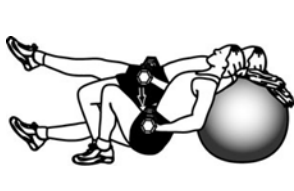
Physioball (97)



Physioball (98)



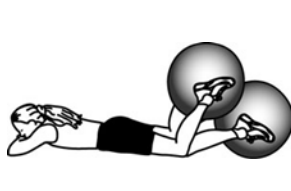
Physioball (99)



Physioball (100)



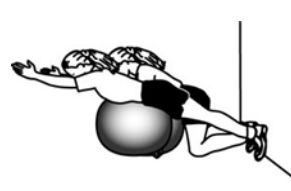
Physioball (101)



Physioball (102)



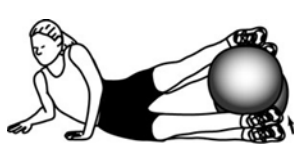
Physioball (103)



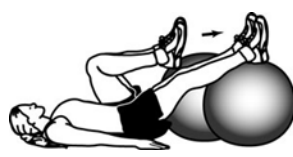
Physioball (104)



Physioball (105)



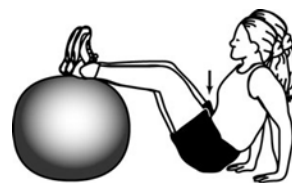
Physioball (106)



Physioball (107)



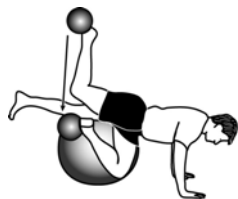
Physioball (108)



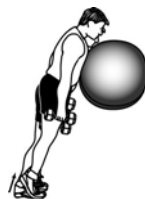
Physioball (109)



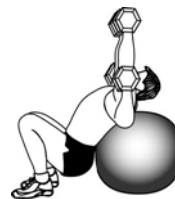
Physioball (110)



Physioball (111)



Physioball (112)



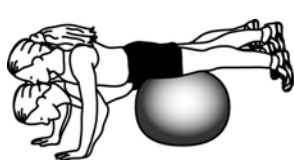
Physioball (113)



Physioball (114)



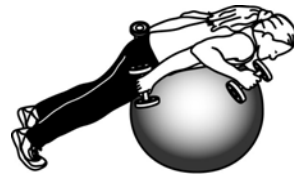
Physioball (115)



Physioball (116)



Physioball (117)



Physioball (118)



Physioball (119)



Physioball (120)



Physioball (121)



Physioball (122)



Physioball (123)



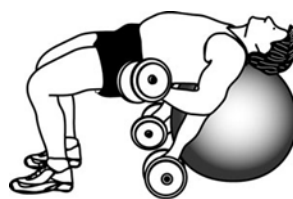
Physioball (124)



Physioball (125)



Physioball (126)



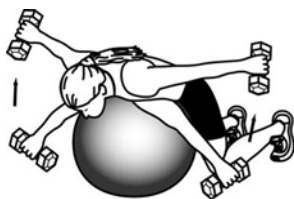
Physioball (127)



Physioball (128)



Physioball (129)



Physioball (130)



Physioball (131)



Physioball (132)



Physioball (133)



Physioball (134)



Physioball (135)



Physioball (136)



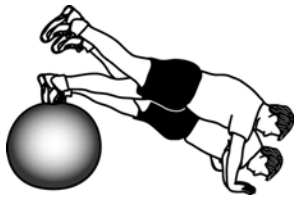
Physioball (137)



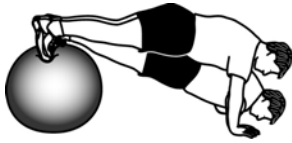
Physioball (138)



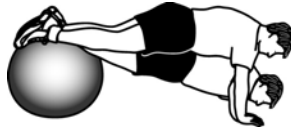
Physioball (139)



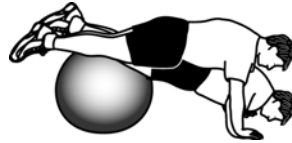
Physioball (140)



Physioball (141)



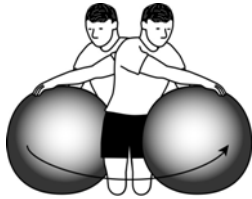
Physioball (142)



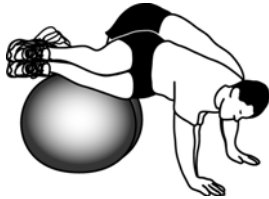
Physioball (143)



Physioball (144)



Physioball (145)



Physioball (146)



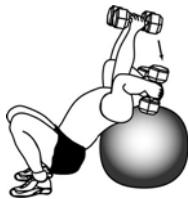
Physioball (147)



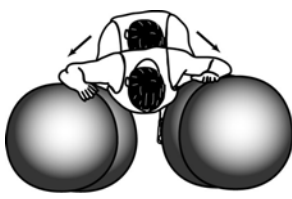
Physioball (148)



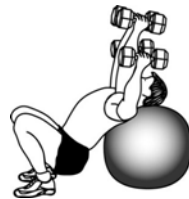
Physioball (149)



Physioball (150)



Physioball (151)



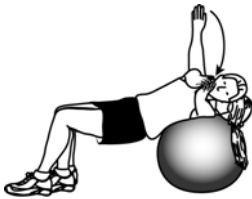
Physioball (152)



Physioball (153)



Physioball (154)



Physioball (155)



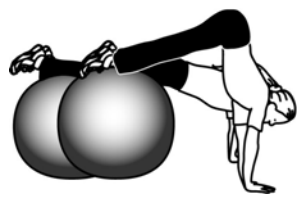
Physioball (156)



Physioball (157)



Physioball (158)



Physioball (159)



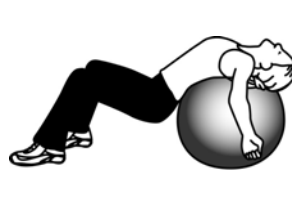
Physioball (160)



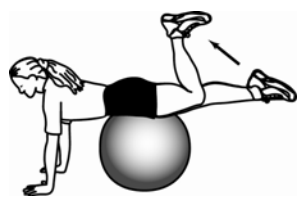
Physioball (161)



Physioball (162)



Physioball (163)



Physioball (164)



Physioball (165)



Physioball (166)



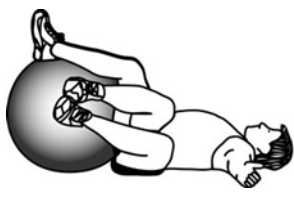
Physioball (167)



Physioball (168)



Physioball (169)



Physioball (170)



Physioball (171)

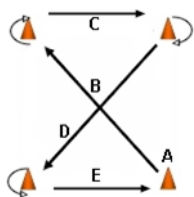


Physioball (172)

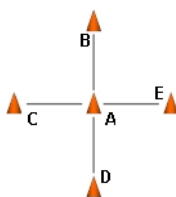


Physioball (173)

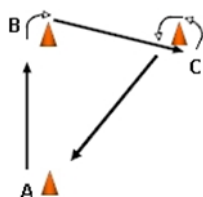
SAQ



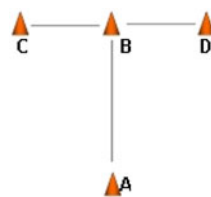
Movement



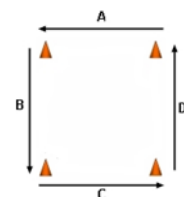
Movement (1)



Movement (2)



Movement (3)



Movement (4)



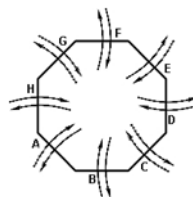
Movement (5)



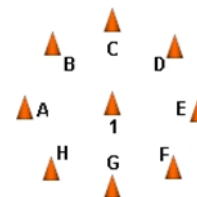
Movement (6)



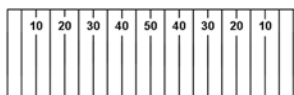
Movement (7)



Movement (8)



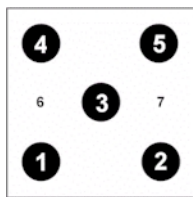
Movement (9)



Movement (10)



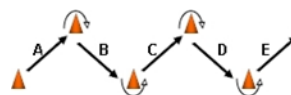
Movement (11)



Movement (12)



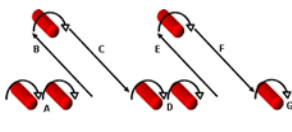
Movement (13)



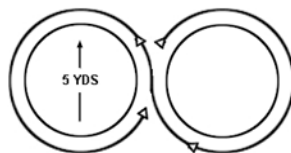
Movement (14)



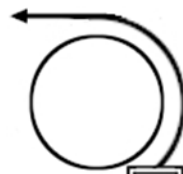
Movement (15)



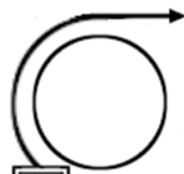
Movement (16)



Movement (17)



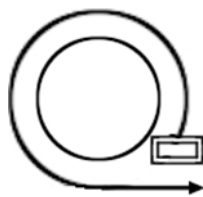
Movement (18)



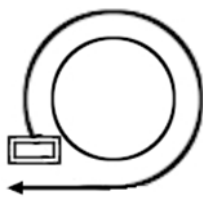
Movement (19)



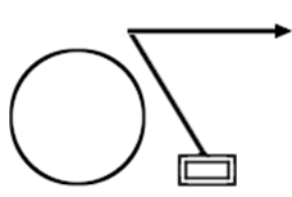
Movement (20)



Movement (21)



Movement (22)



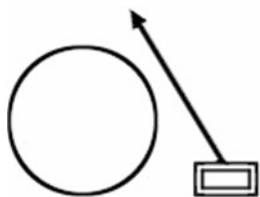
Movement (23)



Movement (24)



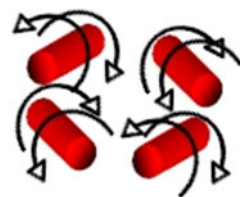
Movement (25)



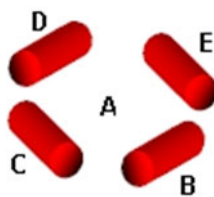
Movement (26)



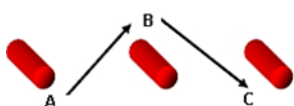
Movement (27)



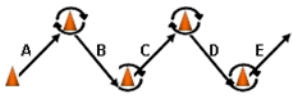
Movement (28)



Movement (29)



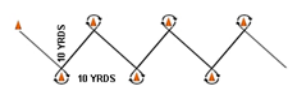
Movement (30)



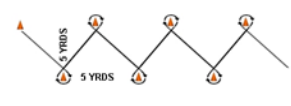
Movement (31)



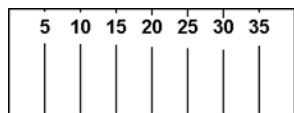
Movement (32)



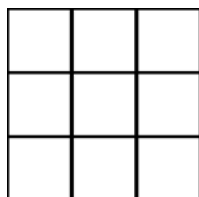
Movement (33)



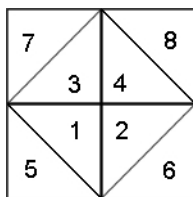
Movement (34)



Movement (35)



Movement (36)



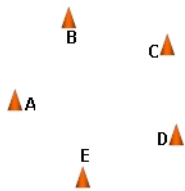
Movement (37)



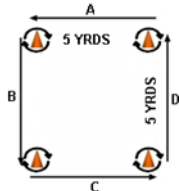
Movement (38)



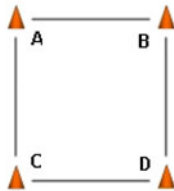
Movement (39)



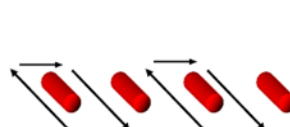
Movement (40)



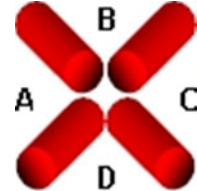
Movement (41)



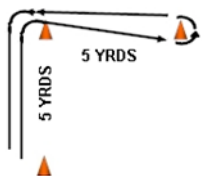
Movement (42)



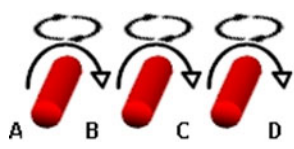
Movement (43)



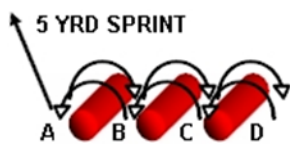
Movement (44)



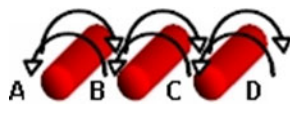
Movement (45)



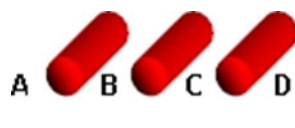
Movement (46)



Movement (47)



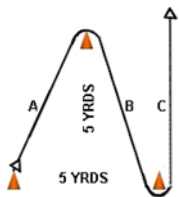
Movement (48)



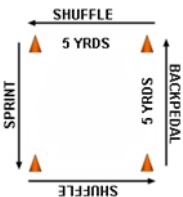
Movement (49)



Movement (50)



Movement (51)



Movement (52)

Sled



Sled



Sled (1)



Sled (2)



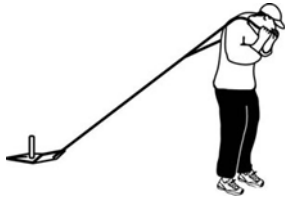
Sled (3)



Sled (4)



Sled (5)



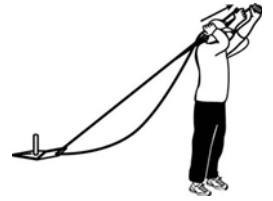
Sled (6)



Sled (7)



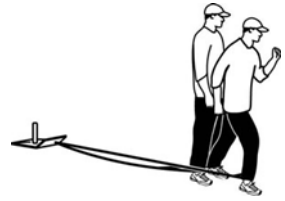
Sled (8)



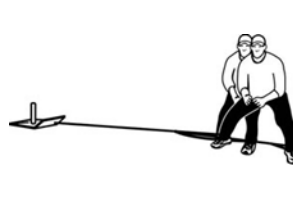
Sled (9)



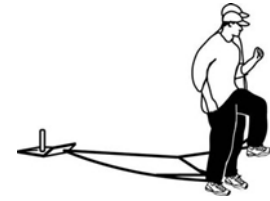
Sled (10)



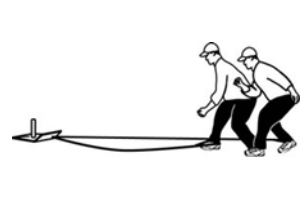
Sled (11)



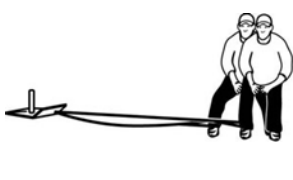
Sled (12)



Sled (13)



Sled (14)



Sled (15)



Sled (16)



Sled (17)



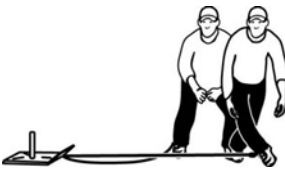
Sled (18)



Sled (19)



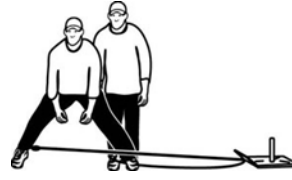
Sled (20)



Sled (21)



Sled (22)



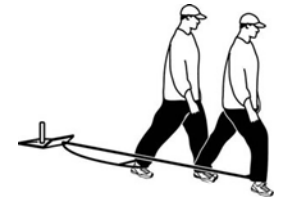
Sled (23)



Sled (24)



Sled (25)



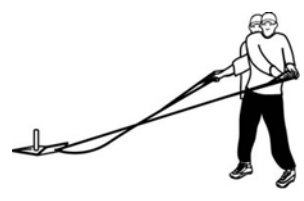
Sled (26)



Sled (27)



Sled (28)



Sled (29)

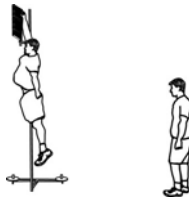


Sled (30)

Testing



Testing



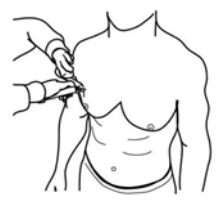
Testing (1)



Testing (2)



Testing (3)



Testing (4)



Testing (5)



Testing (6)



Testing (7)

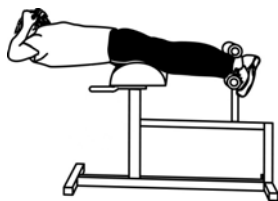


Testing (8)



Testing (9)

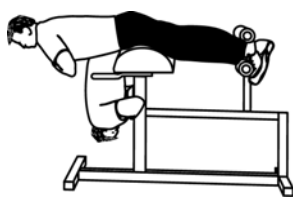
Torso



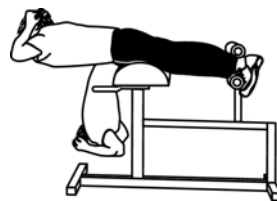
Torso



Torso (1)



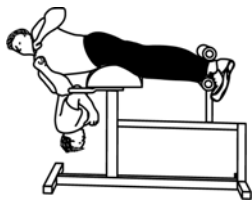
Torso (2)



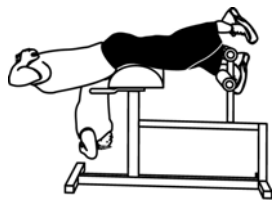
Torso (3)



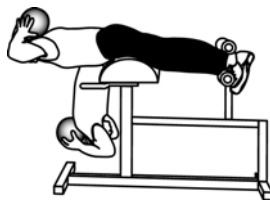
Torso (4)



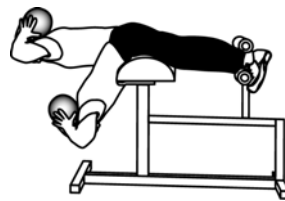
Torso (5)



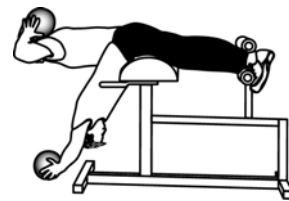
Torso (6)



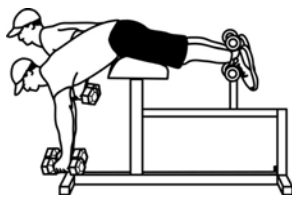
Torso (7)



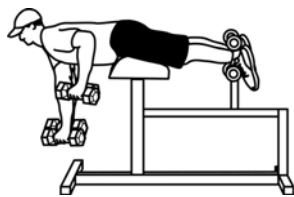
Torso (8)



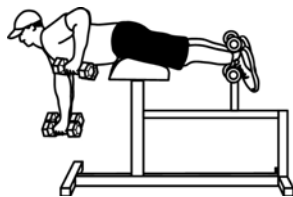
Torso (9)



Torso (10)



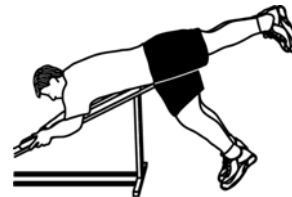
Torso (11)



Torso (12)



Torso (13)



Torso (14)



Torso (15)



Torso (16)



Torso (17)



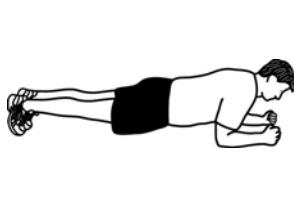
Torso (18)



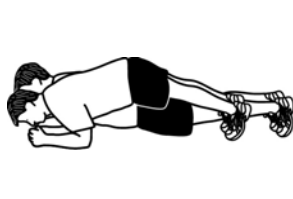
Torso (19)



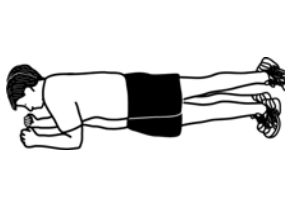
Torso (20)



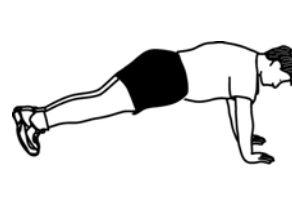
Torso (21)



Torso (22)



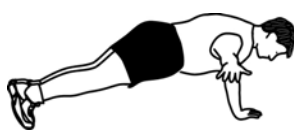
Torso (23)



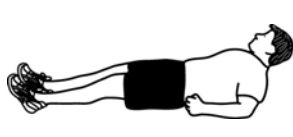
Torso (24)



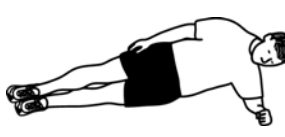
Torso (25)



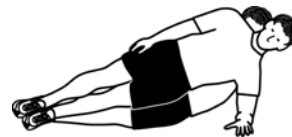
Torso (26)



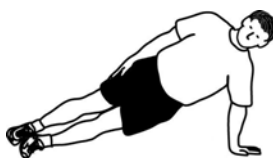
Torso (27)



Torso (28)



Torso (29)



Torso (30)



Torso (31)



Torso (32)



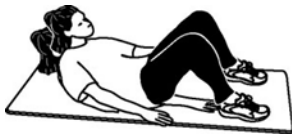
Torso (33)



Torso (34)



Torso (35)



Torso (36)



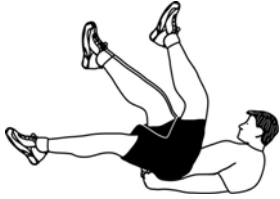
Torso (37)



Torso (38)



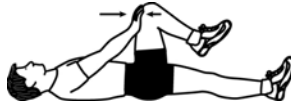
Torso (39)



Torso (40)



Torso (41)



Torso (42)



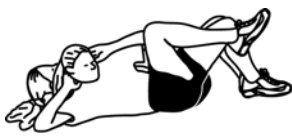
Torso (43)



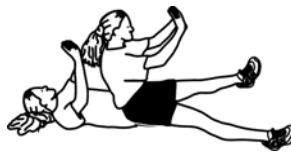
Torso (44)



Torso (45)



Torso (46)



Torso (47)



Torso (48)



Torso (49)



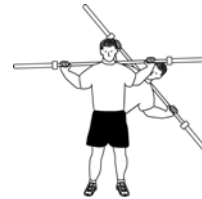
Torso (50)



Torso (51)



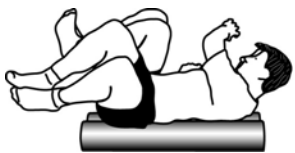
Torso (52)



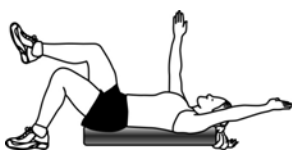
Torso (53)



Torso (54)



Torso (55)



Torso (56)



Torso (57)



Torso (58)



Torso (59)



Torso (60)



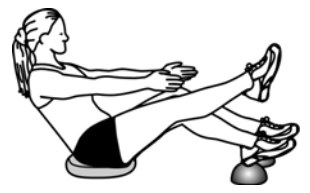
Torso (61)



Torso (62)



Torso (63)



Torso (64)



Torso (65)



Torso (66)

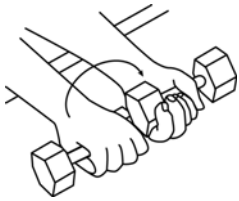


Torso (67)

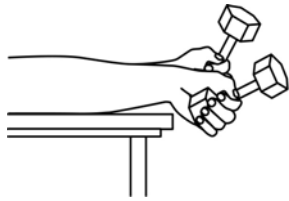


Torso (68)

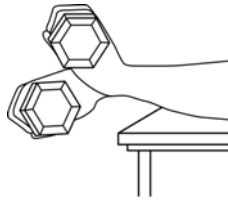
**Upper
Body**



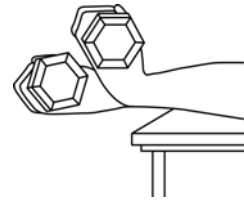
Arms



Arms (1)



Arms (2)



Arms (3)



Arms (4)



Arms (5)



Arms (6)



Arms (7)



Arms (8)



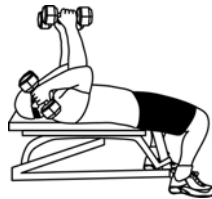
Arms (9)



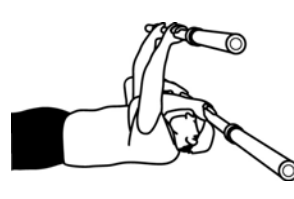
Arms (10)



Arms (11)



Arms (12)



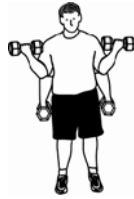
Arms (13)



Arms (14)



Arms (15)



Arms (16)



Arms (17)



Arms (18)



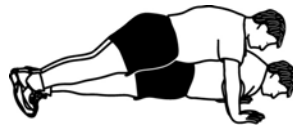
Arms (19)



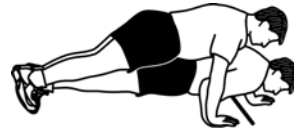
Arms (20)



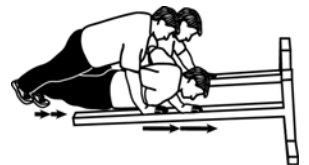
Arms (21)



Chest



Chest (1)



Chest (2)



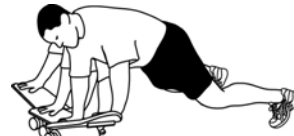
Chest (3)



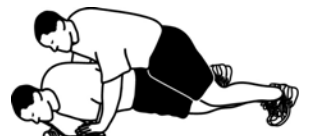
Chest (4)



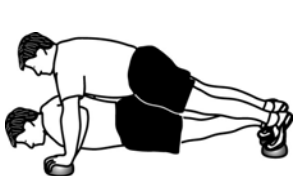
Chest (5)



Chest (6)



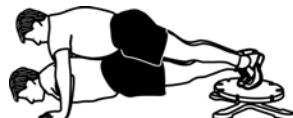
Chest (7)



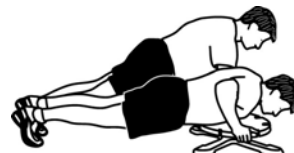
Chest (8)



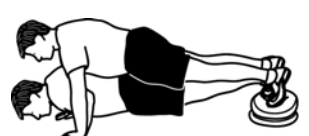
Chest (9)



Chest (10)



Chest (11)



Chest (12)



Chest (13)



Chest (14)



Chest (15)



Chest (16)



Chest (17)



Chest (18)



Chest (19)



Chest (20)



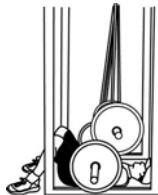
Chest (21)



Chest (22)



Chest (23)



Chest (24)



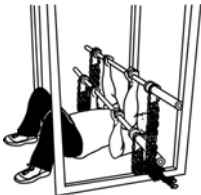
Chest (25)



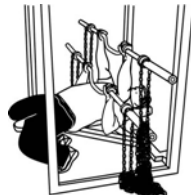
Chest (26)



Chest (27)



Chest (28)



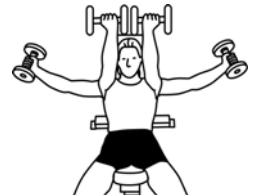
Chest (29)



Chest (30)



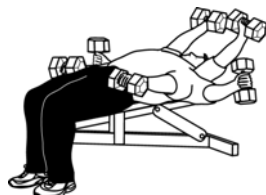
Chest (31)



Chest (32)



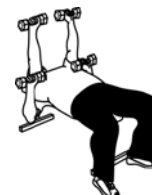
Chest (33)



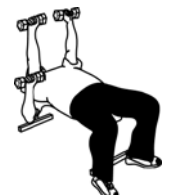
Chest (34)



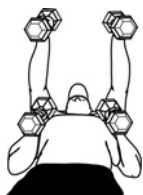
Chest (35)



Chest (36)



Chest (37)



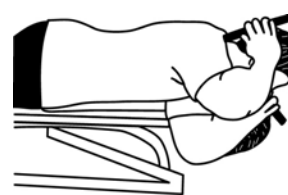
Chest (38)



Chest (39)



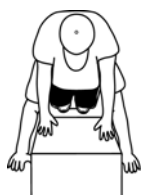
Chest (40)



Other



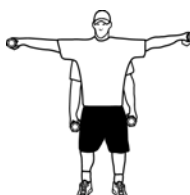
shoulder



shoulder (1)



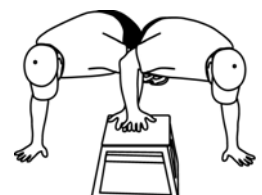
shoulder (2)



shoulder (3)



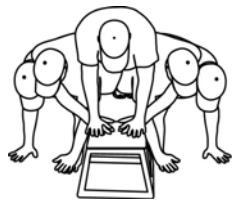
shoulder (4)



shoulder (5)



shoulder (6)



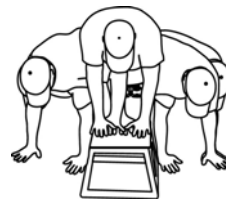
shoulder (7)



shoulder (8)



shoulder (9)



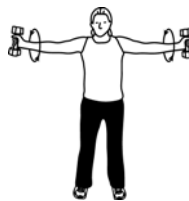
shoulder (10)



shoulder (11)



shoulder (12)



shoulder (13)



shoulder (14)



shoulder (15)



shoulder (16)



shoulder (17)



shoulder (18)



shoulder (19)



shoulder (20)



shoulder (21)



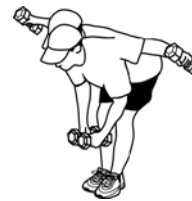
shoulder (22)



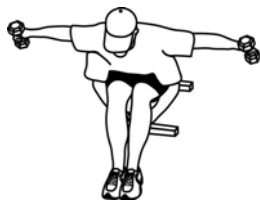
shoulder (23)



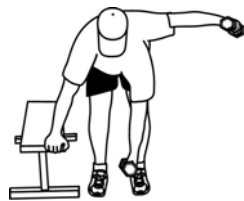
shoulder (24)



shoulder (25)



shoulder (26)



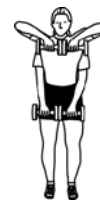
shoulder (27)



shoulder (28)



shoulder (29)



shoulder (30)



shoulder (31)



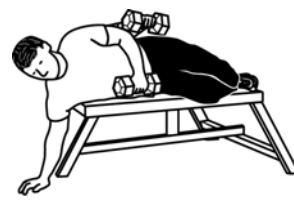
shoulder (32)



shoulder (33)



shoulder (34)



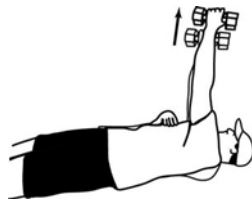
shoulder (35)



shoulder (36)



shoulder (37)



shoulder (38)



shoulder (39)



shoulder (40)



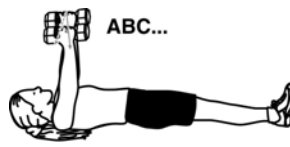
shoulder (41)



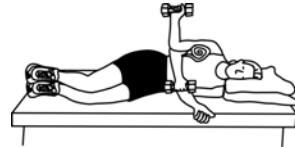
shoulder (42)



shoulder (43)



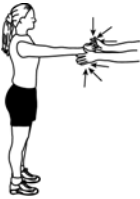
shoulder (44)



shoulder (45)



shoulder (46)



shoulder (47)



shoulder (48)



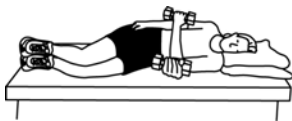
shoulder (49)



shoulder (50)



shoulder (51)



shoulder (52)



shoulder (53)



shoulder (54)



shoulder (55)



shoulder (56)



Upper Back



Upper Back (1)



Upper Back (2)



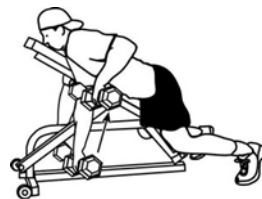
Upper Back (3)



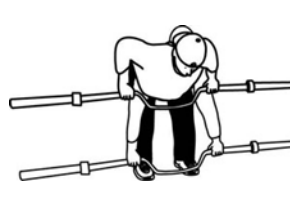
Upper Back (4)



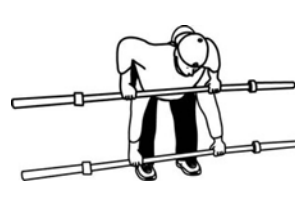
Upper Back (5)



Upper Back (6)



Upper Back (7)



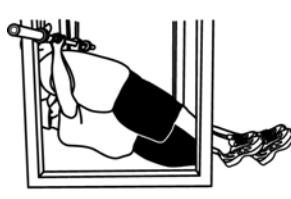
Upper Back (8)



Upper Back (9)



Upper Back (10)



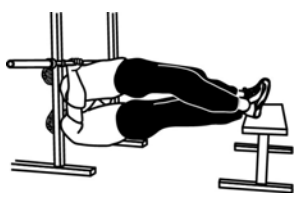
Upper Back (11)



Upper Back (12)

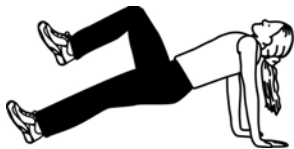


Upper Back (13)

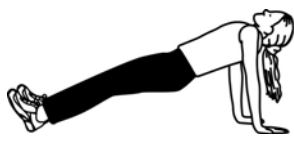


Upper Back (14)

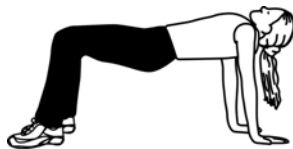
Yoga



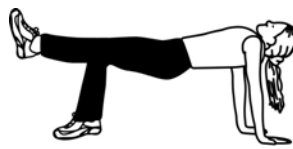
Yoga



Yoga (1)



Yoga (2)



Yoga (3)



Yoga (4)



Yoga (5)



Yoga (6)



Yoga (7)



Yoga (8)



Yoga (9)



Yoga (10)



Yoga (11)



Yoga (12)



Yoga (13)



Yoga (14)



Yoga (15)



Yoga (16)



Yoga (17)



Yoga (18)



Yoga (19)



Yoga (20)



Yoga (21)



Yoga (22)



Yoga (23)



Yoga (24)



Yoga (25)



Yoga (26)



Yoga (27)



Yoga (28)



Yoga (29)



Yoga (30)



Yoga (31)



Yoga (32)



Yoga (33)



Yoga (34)



Yoga (35)



Yoga (36)



Yoga (37)



Yoga (38)



Yoga (39)



Yoga (40)



Yoga (41)



Yoga (42)



Yoga (43)



Yoga (44)



Yoga (45)



Yoga (46)



Yoga (47)



Yoga (48)



Yoga (49)



Yoga (50)



Yoga (51)



Yoga (52)



Yoga (53)



Yoga (54)



Yoga (55)



Yoga (56)



Yoga (57)



Yoga (58)



Workout Wizard

For Microsoft Excel

Workout Wizard
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How to Use the Excel Template Wizard

The Template Wizard comes with 18 formatted workout templates and one blank workout template. Each template has a different set-up designed for multiple applications.

How to Use the Formatted Workout Templates


Create a New Workout Wizard Workbook

1. Chose which template(s) you wish to use. Open the first template up so it is editable. Hold down the Ctrl key and left click to highlight the other template tabs you wish to use if there is more than one.
2. Right click on one of the highlighted template tabs and choose the **Move or Copy...** option from the list.
3. Click **Create A Copy** to place a check mark in the box.
4. Click the down arrow for the **Move Selected Sheets To Book:** and choose either **(new book)** or another open workbook. **You should never edit or remove a template while in the master Workout Wizard file.**
5. The pages should now be copied to another workbook where you can edit them. You should now save the new workbook before you go any further.

Editing the Templates

Template Headers

Each template can be customized with your business or school information.

Business Name Line 1		
Put Your Logo Here	Business Name Line 2	
Workout Name		
Clients Name		Page:

1. Enter A Logo: Chose the **Insert→Picture→From File...** from the top of the page. Find you logo image and chose it. Delete the “Put Your Logo Here” comment. Resize and move your logo to fit into the “Put Your Logo Here” area.
2. Business Name: There are two lines for your business name. Typically line one uses a slightly larger font than line 2 but is up to you. If you only need one line chose whichever you like and delete the other.
3. Workout Name: This is the descriptor for your workout. This may be something like **Football: Quarterback-Phase 1**, or **Warm-Up 1**.
4. If you are not using the Coefficient Wizard, place the clients name to the right of the **Clients Name** title. If you are using the Coefficient Wizard, fill

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- the name in on the Coefficient Wizard and it filter to the rest of the active pages.
5. If you have more than one page, you can enter page numbers to the right of the page number title. For instance, Page: 1, or Page: WU1,1.
 6. The Pictures: You can delete or change the current pictures at the top of the page at you discrepancy.
 7. To Remove the Header Altogether: First delete the three pictures. Than, left click and hold on the Excel Row Number 1 on the far most left side of the screen. You should see row one highlighted. Drag down until you have highlighted the first five rows. Note: If you are on the row number the curser will turn into an arrow that points to the right. It is when you have this arrow that you can highlight more than one row. If you see a plus sign looking curser with up and down arrows, you will change the row height rather than select more rows.
 - a. Once you have highlighted the rows right click one of the row numbers and chose **Delete** from the list to delete the rows.
 8. Depending on the template, your workout may be more than one page. If this is the case:
 - a. Right click on one of the highlighted template tabs and choose the **Move or Copy...** option from the list.
 - b. Click **Create A Copy** to place a check mark in the box.
 - i. You should see the name of this workbook in the **Move Selected Sheets To Book:** area. Click the **OK** button.
 - c. Repeat this process for each page need. Note: be sure to do this before you start filling out the workout area. Don't forget to change the page numbers at the top of the page.

The Workout Area

Each template has a different type of workout area configuration. You should spend some time looking though the different templates to get familiarized with the different set ups.

Ex. Name	Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Image	Week 1							
	Week 2							
	Week 3							
	Week 4							
	Week 5							
	Week 6							
Instructions								

1. Exercise (Ex.) Name: Left Click the **Ex. Name** label and type the name of your exercise.
2. This particular template is set up to provide a six-week cycle for this specific workout. The **Week #** label can be changed to a date, different

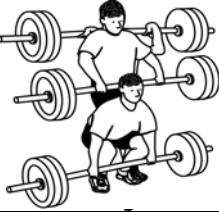
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- week #, or other descriptor if needed. Fill in your set and rep information for each week and desired.
3. Insert your StrenCon 3.0 image. Chose **Insert→Picture→From File...** at the top of the page. Browse to the StrenCon 3.0 folders and select your illustration. Resize the illustration to fit into the **Image** square. Some images may appear a little blurred on your screen when the size is significantly reduced. These images should print crisp and clear.
 4. Instructions: Insert any wordage you chose into the instructions area. You may have to change the font size to get large instructions into the area.

Below is an example of a partially completed exercise block.

Power Clean	Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
	Week 1	90 x6	110 x4	135 x3	135 x3	135 x3	135 x3	
	Week 2	90 x5	115 x3	145 x3	145 x3	145 x3	145 x3	
	Week 3	90 x4	115 x3	135 x2	155 x2	155 x2	155 x2	155 x2
	Week 4							
	Week 5							
	Week 6							
	Instructions: Rest for 2-3 minutes on your heavy sets.							

Not all templates include the same information.

Using the Blank Template

The blank template only includes the header information. It is set up so you can copy and paste exercise blocks (See the Power Clean Exercise Block example above) from different Workout Wizard Templates. To create new templates do the following:

Make a Copy of the Original Blank Template

1. Right click on Blank Template tab and choose the **Move or Copy...** option from the list.
2. Click **Create A Copy** to place a check mark in the box.
3. You should see the name of this workbook in the **Move Selected Sheets To Book:** area. Click the **OK** button.
4. Repeat this process for each new template you want to create.

Copy and Paste the Exercise Blocks into the Blank Template Copy

1. To highlight the exercise block left click on the uppermost left cell in the block. Hold down the mouse button and drag over the block until it is highlighted. Right click within the highlighted area and select copy from the dropdown list.

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2. Go to the Blank Template copy and right click on the cell that will contain the upper most left cell of the pasted block. Select paste from the dropdown list to paste the copy exercise block
3. At this time save your work and then print preview the page. When you close out of the print preview, you should see the print boundaries for the page. You will want to stay within these boundaries when you are pasting exercise blocks onto the page. If you go slightly out of the boundaries you can adjust the print area by doing the following:
 - a. At the top of the page chose **View→Page Break Preview**.
 - b. You should see your template with Dark blue solid lines outlining what your printer will print on each page. You can left click and drag these blue lines to the boarder of your template to adjust the print space for each page.
 - c. Print preview the pages again to double check your print area.
 - d. Chose **View→Normal View** return to the normal Excel work view.
4. If you are going to extend out of the normal bounds of the print area by more than 2-3 cells, create another blank template copy and continue your workout template on it.

Printing the Workouts

Make sure to print preview your workouts before you print them just in case the page size is incorrect. If your preview shows that the page is too big to fit, do the following:

1. At the top of the page chose **View→Page Break Preview**.
2. You should see your template with Dark blue solid lines outlining what your printer will print on each page. You can left click and drag these blue lines to the boarder of your template to adjust the print space for each page.
3. Print preview the pages again to double check your print area.
4. Chose **View→Normal View** return to the normal Excel work view.

Save Your Sanity. Don't forget to periodically save your work.

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How to Use the Coefficient Wizard

You can use the coefficient wizard to create dynamic workout templates with excel. These dynamic workout templates will automatically recalculated training loads when you change the max values in the chart.

Move a Copy of the Coefficient Wizard

1. In the Workout Template Wizard, right click on the Coefficient Wizard tab and choose the **Move or Copy...** option from the list.
2. Click **Create A Copy** to place a check mark in the box.
3. Click the down arrow for the **Move Selected Sheets To Book:** and choose either **(new book)** if you are starting a new project, or another open workbook. **You should never edit or remove the Coefficient Wizard while in the Excel Template Wizard.**
4. The Coefficient Wizard should now be copied to another workbook where you can work with it. You should now save the updated workbook before you go any further.

Input the Exercise Name and Max Variables

The Coefficient Wizard allows you to utilize 19 different max effort lifts per workbook. You can only import one Coefficient Wizard per workbook. If you need to utilize more than 19 max efforts, set up two or more workbooks.

Coefficient Wizard												
Exercise Name	Athlete Name: Tony											
	Squats	Deadlift	lunge	push up	pull up	situp	bench press	incline press	shoulder press	front raise	pull through	
	Enter Max Values Directly Below (Do not edit white chart)											
	100	150	200	234	324	134	134	543	231	443	333	
	5.0%	5	10	10	10	15	5	5	25	10	20	15
	7.5%	10	10	15	20	25	10	10	40	15	35	25
10.0%	10	15	20	25	30	15	15	55	25	45	35	
12.5%	15	20	25	30	40	15	15	70	30	55	40	

Enter Your Exercise Names

Enter the athlete/clients name into the grey Coefficient Wizard name box. You can enter up to 19 different exercises into the Coefficient Wizard (although you can use an unlimited amount of exercises in the workout templates). Your

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exercise names go into the grey Exercise Name boxes directly under the Coefficient Wizard title.

Enter Your Max Values

Input your max values into the small grey boxes directly under their given names. Once you enter the number into the grey box the percentages will automatically be calculated directly under the max number. Fill in all of the numbers you desire. If you leave a max value blank (or input a letter) you will see ##### in the percentage boxes below. This is fine, leave the unused boxes blank so they do not show up in your max values report (see Max Values Report).

Using the Calculated Percentages in the Templates

You can copy and paste the percentages from the Coefficient Wizard into any of the Workout Wizard Templates within the workbook that houses that Coefficient Wizard (a workbook is made up of all the worksheets within a given Excel file).

You cannot copy and paste from a Coefficient Wizard in another workbook.

To Copy and Paste do the following:

1. Left click and hold on the first Workout Wizard Templates tab (worksheet tab) you plan to use. Drag the tab to beside the Coefficient Wizard.
2. Go back to the Coefficient Wizard, right click, and copy the first percentage you want to use in the workout template. Remember that the percentages are specific to a particular exercise, so make sure you are using the correct column of percentages. Return to the Workout Wizard Template, right click the destination cell and paste the value.

	100	150	200	234
5.0%	5	10	10	10
7.5%	10	15	15	20
10.0%	10			25
12.5%	15			30
15.0%	15	25	30	35

Week	Set 1
Week 1	35 x10
Week 2	
Week 3	
Week 4	
Week 5	
Week 6	

3. Repeat this step for each percentage for each exercise you wish to have automatically calculated.
4. When you change the Max Values in the Coefficient Wizard, the Workout Wizard will automatically recalculate the percentages in the Workout Wizard Templates. Note, if you do not want to use the values from the Coefficient Wizard you can simply type them in the workout templates. If you just want the template to display a true percentage (i.e. 10 for 10%, or 95 for 95%) change the max value for that exercise to 100 in the Coefficient Wizard.

Workout Wizard

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The Max Values Report

The max values you enter into the Coefficient Wizard are filtered into a Max Values Report for you to print, or copy and paste to a master file. The report is dynamic in the sense that will automatically display exercises and max value cells from the Coefficient Wizard that contain information.

If you leave cells blank, they will appear as blank unformatted cells in the report. For aesthetics, keep all of your active cells in the Coefficient Wizard in adjacent columns to avoid having blanks cells in the middle of the report. All information in the Max Values Report except for the date is dynamically generated by the Workout Wizard. You can manually fill the date in immediately to the right of the date label on the report if you desire.

<i>Exercise Name</i>	<i>Max Value</i>
Squats	400
Deadlift	355
lunge	50
push up	65
pull up	22
situp	65
bench press	315
incline press	285
shoulder press	65
front raise	45
pull through	105
incline row	85
lateral raise	350
step up	45
hang clean	215
snatch	175
zercher	365
1 leg Rdl	85
hyper	60

Workout Wizard

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The Estimated Max Wizard

You can use the Estimated Max Wizard to calculate a one repetition max from a repetition max. Enter the weight used in the square to the right of the Load: label. Enter the number or reps into the cell directly to the right of the Reps: label. The estimated max will appear to the right of the Estimated Max: label.

Estimated Max Wizard	
Load:	185
Reps:	6
Estimated Max:	215

Note: For the Coefficient Wizard to calculate the percentages you must have the Analysis ToolPak – VBA Add In check marked. To do this simply select **Tools→Add Ins...→Analysis ToolPak – VBA** (should have a check mark beside it).



Lift Calc Sheets

The Lift Calc Sheets can be used to create lifting charts of calculate true training loads for a lift based off of the max of another lift. For example, you may want to calculate training weights for an RDL based off of a squat max. More specifically, as you will see in the examples below, you may want to indicate how much weight your athletes should use on their RDL's for 4 sets of 6 based off of their squat max.

- 1) Enter the name of the exercise in the area labeled Lift No. ?. There is room for 3 exercises on this form.
- 2) Change the number of sets or reps if needed.

RDL				Lift No. 2				Lift No. 3			
4 SETS OF 6				3 SETS OF 6				3 SETS OF 6			
Max	Set 1	Max	Set 1	Max	Loads	Max	Loads	Max	Loads	Max	Loads
200	105 x6	420	220 x6	200	30 x6	420	65 x6	200	25 x6	420	50 x6
205	110 x6	425	225 x6	205	35 x6	425	70 x6	205	25 x6	425	50 x6
210	110 x6	430	225 x6	210	35 x6	430	70 x6	210	25 x6	430	50 x6
215	115 x6	435	230 x6	215	35 x6	435	70 x6	215	25 x6	435	50 x6
220	115 x6	440	230 x6	220	35 x6	440	70 x6	220	25 x6	440	50 x6
225	120 x6	445	235 x6	225	35 x6	445	70 x6	225	25 x6	445	50 x6
230	120 x6	450	235 x6	230	35 x6	450	70 x6	230	30 x6	450	55 x6
235	125 x6	455	240 x6	235	40 x6	455	75 x6	235	30 x6	455	55 x6
240	125 x6	460	240 x6	240	40 x6	460	75 x6	240	30 x6	460	55 x6
245	130 x6	465	245 x6	245	40 x6	465	75 x6	245	30 x6	465	55 x6
250	130 x6	470	245 x6	250	40 x6	470	75 x6	250	30 x6	470	55 x6
255	135 x6	475	250 x6	255	40 x6	475	75 x6	255	30 x6	475	55 x6
260	135 x6	480	250 x6	260	40 x6	480	75 x6	260	30 x6	480	60 x6
265	140 x6	485	255 x6	265	40 x6	485	80 x6	265	30 x6	485	60 x6
270	140 x6	490	255 x6	270	40 x6	490	80 x6	270	30 x6	490	60 x6
275	145 x6	495	260 x6	275	45 x6	495	80 x6	275	35 x6	495	60 x6
280	145 x6	500	265 x6	280	45 x6	500	80 x6	280	35 x6	500	60 x6

- 3) The "Modifier" value determines what percentage of the maxed lift would equal 100 percent of the calculated lifts max. For instance you may conclude that a RDL 1 rep max would equate closely to 75% of a squat 1 rep max. So you would set the Modifier to .75.
- 4) The "Intensity" value correlates to the percentage of 1 rep max of the new calculated value you wish to use. For example you may wish to train at 70 percent of the RDL 1 rep max. So, you would set the Intensity to .7.

390	205 x6	610	320 x6	390	50 x6	610	100 x6	390	45 x6	610	75 x6
395	205 x6	615	325 x6	395	55 x6	615	100 x6	395	45 x6	615	75 x6
400	210 x6	620	325 x6	400	55 x6	620	100 x6	400	50 x6	620	75 x6
405	215 x6	625	330 x6	405	55 x6	625	100 x6	405	50 x6	625	75 x6
410	215 x6	630	330 x6	410	55 x6	630	100 x6	410	50 x6	630	75 x6
415	220 x6	635	335 x6	415	55 x6	635	100 x6	415	50 x6	635	75 x6
Modifier - 0.75				Modifier - 0.4				Modifier - 0.4			
Intensity - 0.7				Intensity - 0.4				Intensity - 0.3			

As you can see in the example in picture one above, an athlete with a 200 lb squat max would then be prescribed 105lbs for their 4 sets of 6 on RDL's.

Workout Wizard

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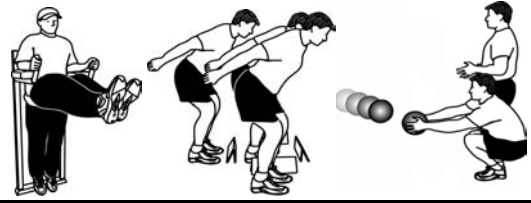
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Business Name Line 1

Put Your Logo Here

Business Name Line 2

Workout Name



Clients Name: Name

Page:

Ex. Name	Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Image	Week 1							
	Week 2							
	Week 3							
	Week 4							
	Week 5							
	Week 6							
Instructions								

Ex. Name	Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Image	Week 1							
	Week 2							
	Week 3							
	Week 4							
	Week 5							
	Week 6							
Instructions								

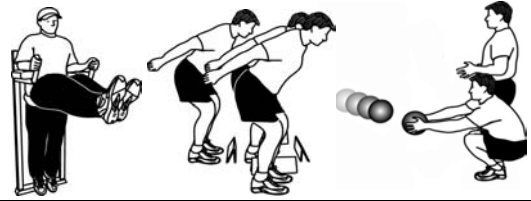
Ex. Name	Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Image	Week 1							
	Week 2							
	Week 3							
	Week 4							
	Week 5							
	Week 6							
Instructions								

Business Name Line 1

Put Your Logo Here

Business Name Line 2

Workout Name



Clients Name: Name

Page:

Notes	Ex. 1 Name	Ex. 2 Name	Ex. 3 Name	Ex. 4 Name	Ex. 5 Name
	Image	Image	Image	Image	Image
	Set 1:	Set 1:	Set 1:	Set 1:	Set 1:
	Set 2:	Set 2:	Set 2:	Set 2:	Set 2:
	Set 3:	Set 3:	Set 3:	Set 3:	Set 3:
	Set 4:	Set 4:	Set 4:	Set 4:	Set 4:
Set 5:	Set 5:	Set 5:	Set 5:	Set 5:	
Set 6:	Set 6:	Set 6:	Set 6:	Set 6:	

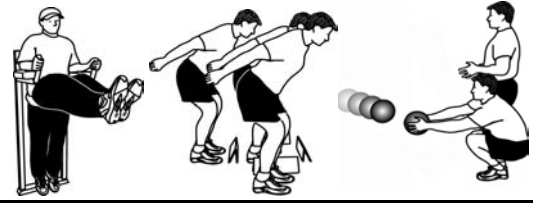
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	Image	Image	Image	Image	Image
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	Set 2:	Set 2:	Set 2:	Set 2:	Set 2:
	Set 3:	Set 3:	Set 3:	Set 3:	Set 3:
	Set 4:	Set 4:	Set 4:	Set 4:	Set 4:
Set 5:	Set 5:	Set 5:	Set 5:	Set 5:	
Set 6:	Set 6:	Set 6:	Set 6:	Set 6:	

Notes	Ex. 1 Name	Ex. 2 Name	Ex. 3 Name	Ex. 4 Name	Ex. 5 Name
	Image	Image	Image	Image	Image
	Set 1:	Set 1:	Set 1:	Set 1:	Set 1:
	Set 2:	Set 2:	Set 2:	Set 2:	Set 2:
	Set 3:	Set 3:	Set 3:	Set 3:	Set 3:
	Set 4:	Set 4:	Set 4:	Set 4:	Set 4:
Set 5:	Set 5:	Set 5:	Set 5:	Set 5:	
Set 6:	Set 6:	Set 6:	Set 6:	Set 6:	

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Workout Name

Page:

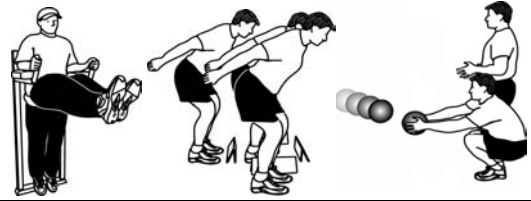
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Business Name Line 1

Put Your Logo Here

Business Name Line 2

Workout Name



Clients Name: Name

Page:

Exercise Name	Set	Load x Reps
Instructions	Set 1	
	Set 2	
	Set 3	
	Set 4	
	Set 5	
	Set 6	
	Set 7	
	Set 8	
Notes		

Exercise Name	Set	Load x Reps
Instructions	Set 1	
	Set 2	
	Set 3	
	Set 4	
	Set 5	
	Set 6	
	Set 7	
	Set 8	
Notes		

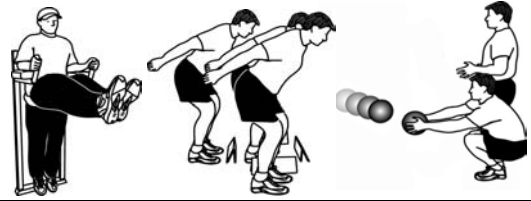
Exercise Name	Set	Load x Reps
Instructions	Set 1	
	Set 2	
	Set 3	
	Set 4	
	Set 5	
	Set 6	
	Set 7	
	Set 8	
Notes		

Business Name Line 1

Put Your Logo Here

Business Name Line 2

Workout Name



Clients Name: Name

Page:

Image	Exercise Name	Set	Load x Reps
	Notes	Set 1	
		Set 2	
		Set 3	
		Set 4	
		Set 5	
		Set 6	
		Set 7	
		Set 8	

Image	Exercise Name	Set	Load x Reps
	Notes	Set 1	
		Set 2	
		Set 3	
		Set 4	
		Set 5	
		Set 6	
		Set 7	
		Set 8	

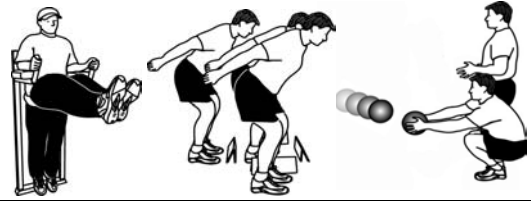
Image	Exercise Name	Set	Load x Reps
	Notes	Set 1	
		Set 2	
		Set 3	
		Set 4	
		Set 5	
		Set 6	
		Set 7	
		Set 8	

Image	Exercise Name	Set	Load x Reps
	Notes	Set 1	
		Set 2	
		Set 3	
		Set 4	
		Set 5	
		Set 6	
		Set 7	
		Set 8	

Business Name Line 1

Put Your Logo Here

Business Name Line 2



Workout Name

Clients Name: Name

Page:

Exercise 1 Name		Exercise 2 Name	
Notes	Set 1:	Notes	Set 1:
	Set 2:		Set 2:
	Set 3:		Set 3:
	Set 4:		Set 4:
	Set 5:		Set 5:
	Set 6:		Set 6:

Exercise 1 Name		Exercise 2 Name	
Notes	Set 1:	Notes	Set 1:
	Set 2:		Set 2:
	Set 3:		Set 3:
	Set 4:		Set 4:
	Set 5:		Set 5:
	Set 6:		Set 6:

Exercise 1 Name		Exercise 2 Name	
Notes	Set 1:	Notes	Set 1:
	Set 2:		Set 2:
	Set 3:		Set 3:
	Set 4:		Set 4:
	Set 5:		Set 5:
	Set 6:		Set 6:

Exercise 1 Name		Exercise 2 Name	
Notes	Set 1:	Notes	Set 1:
	Set 2:		Set 2:
	Set 3:		Set 3:
	Set 4:		Set 4:
	Set 5:		Set 5:
	Set 6:		Set 6:

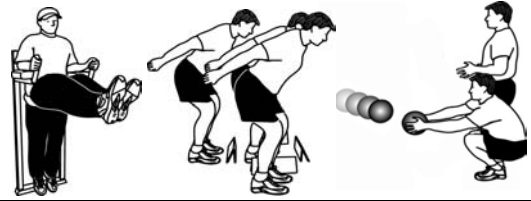
Exercise 1 Name		Exercise 2 Name	
Notes	Set 1:	Notes	Set 1:
	Set 2:		Set 2:
	Set 3:		Set 3:
	Set 4:		Set 4:
	Set 5:		Set 5:
	Set 6:		Set 6:

Business Name Line 1

Put Your Logo Here

Business Name Line 2

Workout Name



Clients Name: Name

Page:

Exercise Name		Exercise Name	
Notes	Set 1:	Notes	Set 1:
	Set 2:		Set 2:
	Set 3:		Set 3:
	Set 4:		Set 4:
	Set 5:		Set 5:
	Set 6:		Set 6:
Instructions		Instructions	

Exercise Name		Exercise Name	
Notes	Set 1:	Notes	Set 1:
	Set 2:		Set 2:
	Set 3:		Set 3:
	Set 4:		Set 4:
	Set 5:		Set 5:
	Set 6:		Set 6:
Instructions		Instructions	

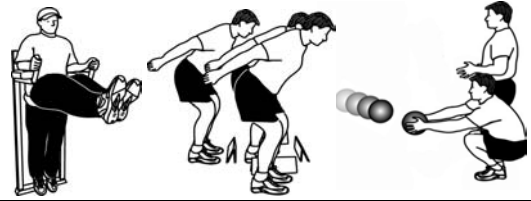
Exercise Name		Exercise Name	
Notes	Set 1:	Notes	Set 1:
	Set 2:		Set 2:
	Set 3:		Set 3:
	Set 4:		Set 4:
	Set 5:		Set 5:
	Set 6:		Set 6:
Instructions		Instructions	

Business Name Line 1

Put Your Logo Here

Business Name Line 2

Workout Name



Clients Name: Name

Page:

Exercise Name		Exercise Name		Exercise Name	
Image	Set 1:	Image	Set 1:	Image	Set 1:
	Set 2:		Set 2:		Set 2:
	Set 3:		Set 3:		Set 3:
	Set 4:		Set 4:		Set 4:
	Set 5:		Set 5:		Set 5:
	Set 6:		Set 6:		Set 6:
Notes		Notes		Notes	

Exercise Name		Exercise Name		Exercise Name	
Image	Set 1:	Image	Set 1:	Image	Set 1:
	Set 2:		Set 2:		Set 2:
	Set 3:		Set 3:		Set 3:
	Set 4:		Set 4:		Set 4:
	Set 5:		Set 5:		Set 5:
	Set 6:		Set 6:		Set 6:
Notes		Notes		Notes	

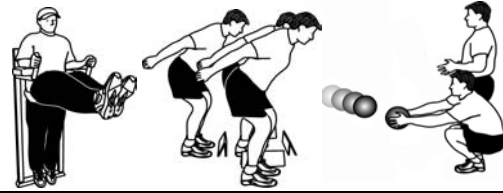
Exercise Name		Exercise Name		Exercise Name	
Image	Set 1:	Image	Set 1:	Image	Set 1:
	Set 2:		Set 2:		Set 2:
	Set 3:		Set 3:		Set 3:
	Set 4:		Set 4:		Set 4:
	Set 5:		Set 5:		Set 5:
	Set 6:		Set 6:		Set 6:
Notes		Notes		Notes	

Business Name Line 1

Put Your Logo Here

Business Name Line 2

Workout Name



Clients Name: Name

Page:

Note:

Exercise Name	Exercise Name	Exercise Name	Exercise Name	Exercise Name
Set 1:	Set 1:	Set 1:	Set 1:	Set 1:
Set 2:	Set 2:	Set 2:	Set 2:	Set 2:
Set 3:	Set 3:	Set 3:	Set 3:	Set 3:
Set 4:	Set 4:	Set 4:	Set 4:	Set 4:
Set 5:	Set 5:	Set 5:	Set 5:	Set 5:
Set 6:	Set 6:	Set 6:	Set 6:	Set 6:

Note:

Exercise Name	Exercise Name	Exercise Name	Exercise Name	Exercise Name
Set 1:	Set 1:	Set 1:	Set 1:	Set 1:
Set 2:	Set 2:	Set 2:	Set 2:	Set 2:
Set 3:	Set 3:	Set 3:	Set 3:	Set 3:
Set 4:	Set 4:	Set 4:	Set 4:	Set 4:
Set 5:	Set 5:	Set 5:	Set 5:	Set 5:
Set 6:	Set 6:	Set 6:	Set 6:	Set 6:

Note:

Exercise Name	Exercise Name	Exercise Name	Exercise Name	Exercise Name
Set 1:	Set 1:	Set 1:	Set 1:	Set 1:
Set 2:	Set 2:	Set 2:	Set 2:	Set 2:
Set 3:	Set 3:	Set 3:	Set 3:	Set 3:
Set 4:	Set 4:	Set 4:	Set 4:	Set 4:
Set 5:	Set 5:	Set 5:	Set 5:	Set 5:
Set 6:	Set 6:	Set 6:	Set 6:	Set 6:

Note:

Exercise Name	Exercise Name	Exercise Name	Exercise Name	Exercise Name
Set 1:	Set 1:	Set 1:	Set 1:	Set 1:
Set 2:	Set 2:	Set 2:	Set 2:	Set 2:
Set 3:	Set 3:	Set 3:	Set 3:	Set 3:
Set 4:	Set 4:	Set 4:	Set 4:	Set 4:
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Note:

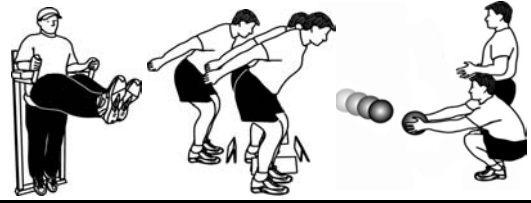
Exercise Name	Exercise Name	Exercise Name	Exercise Name	Exercise Name
Set 1:	Set 1:	Set 1:	Set 1:	Set 1:
Set 2:	Set 2:	Set 2:	Set 2:	Set 2:
Set 3:	Set 3:	Set 3:	Set 3:	Set 3:
Set 4:	Set 4:	Set 4:	Set 4:	Set 4:
Set 5:	Set 5:	Set 5:	Set 5:	Set 5:
Set 6:	Set 6:	Set 6:	Set 6:	Set 6:

Business Name Line 1

Put Your Logo Here

Business Name Line 2

Workout Name



Clients Name: Name

Page:

Image	Exercise Name
	Instructions
Notes	

Image	Exercise Name
	Instructions
Notes	

Image	Exercise Name
	Instructions
Notes	

Your Business Name

Week: ?

Day 1

		Superset					Superset								
Set 1			Set 1		Set 1			Set 1		Set 1		Set 1			
Set 2			Set 2		Set 2			Set 2		Set 2		Set 2			
Set 3		Set 3		Set 3		Set 3		Set 3		Set 3					
Set 4		Set 4		Set 4		Set 4		Set 4		Set 4					

Day 2

				Superset			Superset						
Set 1		Set 1			Set 1			Set 1		Set 1		Set 1	
Set 2		Set 2			Set 2			Set 2		Set 2		Set 2	
Set 3		Set 3		Set 3		Set 3		Set 3		Set 3			
Set 4		Set 4		Set 4		Set 4		Set 4		Set 4			

Day 3

Zercher Squat		Superset	Incline Pb Bench		Pause Squats		Hyper Row		Superset	PB Triple Threat		Core			
Set 1			Set 1		Set 1		Set 1			Set 1		Set 1		Set 1	
Set 2			Set 2		Set 2		Set 2			Set 2		Set 2		Set 2	
Set 3		Set 3		Set 3		Set 3		Set 3		Set 3		Set 3			
Set 4		Set 4		Set 4		Set 4		Set 4		Set 4		Set 4			

Company Name

Week: #?

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Torso Workout ???							

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Torso Workout ???							

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Torso Workout ???							

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Torso Workout ???							

Torso Circuits

Circuit 1	Circuit 2	Circuit 3	Circuit 4
-----------	-----------	-----------	-----------

Other Circuits

Circuit 1	Circuit 2
-----------	-----------

Your Business Name

Circuit Name

Type of Circuit

Your Business Name Here

Workout #?

Warm-Up, Plyo's, or SAQ Header				
Phase 1	Phase 2	Phase 3	Phase 4	Phase 5

- 1)
- 2)
- 3)
- 4)
- 5)

Strength Training						
1) Group:						
	Phase	Set 1	Set 2	Set 3	Set 4	Set 5
	1					
	2					
	3					
	4					
	5					
3) Group:						
	Phase	Set 1	Set 2	Set 3	Set 4	Set 5
	1					
	2					
	3					
	4					
	5					
5) Group:						
	Phase	Set 1	Set 2	Set 3	Set 4	Set 5
	1					
	2					
	3					
	4					
	5					
7) Group:						
	Phase	Set 1	Set 2	Set 3	Set 4	Set 5
	1					
	2					
	3					
	4					
2) Group:						
	Phase	Set 1	Set 2	Set 3	Set 4	Set 5
	1					
	2					
	3					
	4					
	5					
4) Group:						
	Phase	Set 1	Set 2	Set 3	Set 4	Set 5
	1					
	2					
	3					
	4					
	5					
6) Group:						
	Phase	Set 1	Set 2	Set 3	Set 4	Set 5
	1					
	2					
	3					
	4					
	5					
8) Group:						
	Phase	Set 1	Set 2	Set 3	Set 4	Set 5
	1					
	2					

Torso Workout:				Some Circuit:			
	Phase				Phase		
	1				1		
	2				2		
	3				3		
	4				4		
	5				5		
	Phase				Phase		
	1				1		
	2				2		
	3				3		
	4				4		
	5				5		
	Phase				Phase		
	1				1		
	2				2		
	3				3		
	4				4		
	5				5		

WO No.

Activity Type

Perform Circuit x 2

<div>Exercise Name</div> <div>Time or Reps</div>	➔				
	➔				
	➔				
	➔				
	➔				

Your Business Name

Week Number

Day Number									
Exercise Name									
Set 1		Set 1		Set 1		Set 1		Set 1	
Set 2		Set 2		Set 2		Set 2		Set 2	
Set 3		Set 3		Set 3		Set 3		Set 3	
Set 4		Set 4		Set 4		Set 4		Set 4	
Set 1		Set 1		Set 1		Set 1		Set 1	
Set 2		Set 2		Set 2		Set 2		Set 2	
Set 3		Set 3		Set 3		Set 3		Set 3	
Set 4		Set 4		Set 4		Set 4		Set 4	

Day Number									
Set 1		Set 1		Set 1		Set 1		Set 1	
Set 2		Set 2		Set 2		Set 2		Set 2	
Set 3		Set 3		Set 3		Set 3		Set 3	
Set 4		Set 4		Set 4		Set 4		Set 4	
Set 1		Set 1		Set 1		Set 1		Set 1	
Set 2		Set 2		Set 2		Set 2		Set 2	
Set 3		Set 3		Set 3		Set 3		Set 3	
Set 4		Set 4		Set 4		Set 4		Set 4	

Your Business Name

Circuit Name

Circuit Type

Ex Name	Instructions

Your Business Name

Circuit Name

Circuit Type

Exercise Name	Exercise Instructions

Your Business Name

Week: ?

Day 1

		Superset					Superset								
Set 1			Set 1		Set 1			Set 1		Set 1		Set 1			
Set 2			Set 2		Set 2			Set 2		Set 2		Set 2			
Set 3		Set 3		Set 3		Set 3		Set 3		Set 3					
Set 4		Set 4		Set 4		Set 4		Set 4		Set 4					

Day 2

				Superset			Superset						
Set 1		Set 1			Set 1			Set 1		Set 1		Set 1	
Set 2		Set 2			Set 2			Set 2		Set 2		Set 2	
Set 3		Set 3		Set 3		Set 3		Set 3		Set 3			
Set 4		Set 4		Set 4		Set 4		Set 4		Set 4			

Day 3

Zercher Squat		Superset	Incline Pb Bench		Pause Squats		Hyper Row		Superset	PB Triple Threat		Core					
Set 1			Set 1		Set 1		Set 1			Set 1		Set 1		Set 1		Set 1	
Set 2			Set 2		Set 2		Set 2			Set 2		Set 2		Set 2		Set 2	
Set 3		Set 3		Set 3		Set 3		Set 3		Set 3		Set 3		Set 3			
Set 4		Set 4		Set 4		Set 4		Set 4		Set 4		Set 4		Set 4			



RDL: 80

Phase Information

Athletes Name

Workout ?

Exercise 1					

Circuit Name

Abbreviations

BK= BELOW THE KNEE