**Workout Plan - Checklist Template**

1. **Pre-Workout:**
* Workout goal:

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* Logistics:
	+ Coordination, location, equipment, etc...
1. **Beginning:**
* Training condition
* Trainers condition
1. **Training Course:**
* Warmup
* Main course:

| **Exercise** | **Sets** | **Reps** | **Tempo** | **wight** | **Rest** | **Coaching tips** |
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|  |  |  |  |  |  |  |

* Cooldown
1. **Ending:**
* Trainees condition
* Feedback
1. **Post-Workout:**
* What went wrong?
	+ What will I do differently the next time?
* What went well?
	+ How do I maintain and amplify it?