(5	•	רט	-	Δ	ω		r	2			WEEK	
•	C S M B	0	C S M B	0	C S M B		CISIMB	©	C S M B	0	CISIMB	MONDAY	
•	C S M B	•	CISIMB	•	C S MB		CISIMB	•	CISIMB	0	CISIMB	TUESDAY	
•	C S M B	0	C S M B	©	C S M B		CISIMB	•	C S M B		CISIMB	WEDNESDAY	
•	C S M B		CISIMB	0	C S M B		CISIMB	•	C S M B		CISIMB	THURSDAY	
•	C S M B	@*	CISIMB		CISIMB		CISIMB	•	CISIMB		CISIMB	FRIDAY	
•	C S MB		CISIMB	Image: Contract of the second seco	CISIMB		CISIMB	•	CISIMB		CISIMB	SATURDAY	
•	C S M B	©*	C S M B	•	C S M B		CISIMB		C S M B	0	CISIMB	SUNDAY	

E RACK

KEEP YOURSELF HONEST! TRACK YOUR ACTIVITY

se this activity tracker and the key below to help balance your exercise between pproach to exercise can quickly improve your overall health and general wellnes her you reach the right direction. င္ပ diovascular, S Stre th and 'Mind and Body **MB** Mind and Body activities like Yoga - Having this broad ircle which category it falls in to.

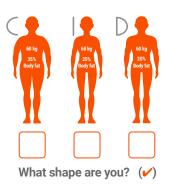
FUELSMART



YOUR WELLNESS PROFILE

Let's take a look at your general Wellbeing.

We will use our InBody analyser to score your Body Composition and establish your current perception of your wellbeing with our Wellness Profile.





		Under	N	lorma				Ove	r		
Your Weight %	55	80	90	100	115	130	145	160	175	190	205
Skeletal Muscle Mass %	70	80	90	100	110	120	130	140	150	160	170
Body Fat %	55	60	80	100	160	220	280	340	400	460	520

Body Composition

Being aware of your shape can help you reach your goals more effectively. Each of the 3 shapes below have various forms within them.

- **C** The focus is more on maintaining or improving your muscle mass and bettering your muscle-to-fat relationship to achieve an **1**'
- I Balanced body composition, in a good position to increase muscle mass and strength as well as reduce body fat
- **D** Ideal level of body composition

Bannatyne Health Club & Spa

PROGRAMME OVERVIEW

Here's more details for each phase of your programme.

Look and see how things will develop over the course of 6 weeks. Your activity levels are phased

	WEEKS 1/2	KG SETS REPS	WEEKS 3/4	KG SETS REPS	WEEKS 5/6	KG SETS REPS
GAIT 🕉	VARIO / X-TRAINER		VARIO / X-TRAINER		VARIO / X-TRAINER	
BEND 🗳	PULLEY		PULLEY		PULLEY	
PUSH 🏋	CHEST PRESS		SHOULDER PRESS		CHEST & Shoulder Press	
PULL 🍸	LAT MACHINE		LAT MACHINE		LAT MACHINE	
ROTATE 🔭	N/A		CABLE ROTATION		CABLE ROTATION	
squat 🕏	LEG PRESS		LEG PRESS		LEG PRESS	
LUNGE 🏂	WEEKS N/A/2		SINGLE LEG PRESS		SINGLE LEG PRESS	

Member Name



Appointment Date



