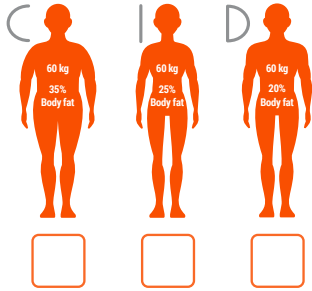


YOUR WELLNESS PROFILE

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.



What shape are you? (✓)



Under Normal Over

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 **I**
- 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

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

Coach Name

Appointment Date

Wk 1 / / Wk 6 / /