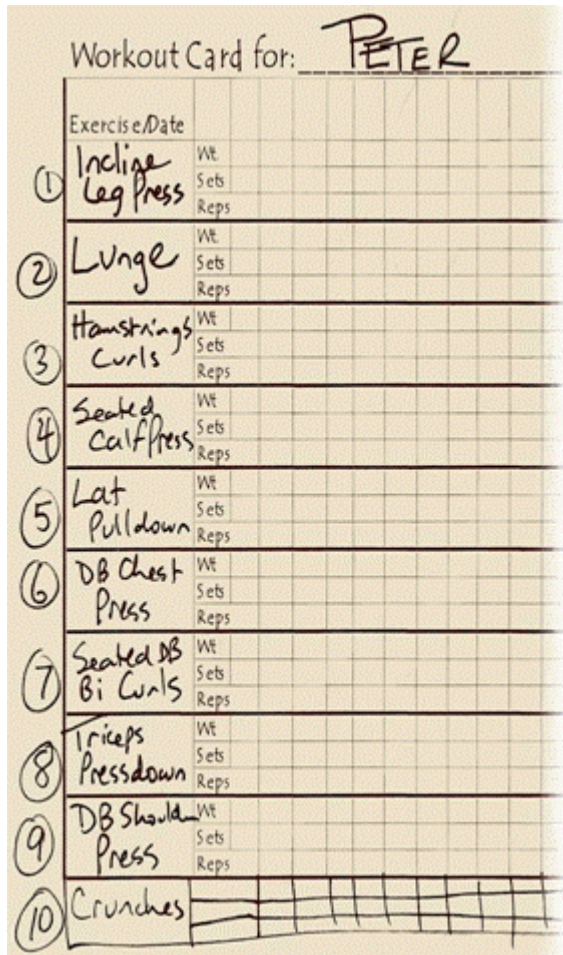


Do your client
workout cards look
like this:



Unprofessional? Dull? Boring?

Exercise Diagrams (via email) **\$39 + HST**

*Order via email and receive the pictures immediately after order is processed. Charge for sending an additional copy of the diagrams will cost \$29 - so back-up immediately.

Exercise Diagrams (DVD) **\$39 +HST**

Shipping **\$10**

Total **\$53.68**

*Taxes and shipping included in price.

Order online at vipfitness.ca!

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UPDATED for 2011

Create Professional

Workout Cards

...with over 600 exercise diagrams!



www.vipfitness.ca

From this...

...to THIS!



Workout Card for: **PETER**

Exercise/Date	Wt.	Sets	Reps
① Incline Leg Press			
② Lunge			
③ Hamstrings Curls			
④ Seated Calf Press			
⑤ Lat Pulldown			
⑥ DB Chest Press			
⑦ Seated DB Bi Curls			
⑧ Triceps Pressdown			
⑨ DB Shoulder Press			
⑩ Crunches			

VIP FITNESS

GOAL: "General muscular conditioning - improve muscle tone, muscle strength and muscular endurance." - Jon H.

Warm-up	Rower, cycle, treadmill	Time	Date				
Incline Leg Press 3 x 8-12 (Quads)		Set 1	weight/reps	weight/reps	weight/reps	weight/reps	weight/reps
		Set 2					
		Set 3					
Lunge 2 x 10-12 (Quads/Glutes)		Set 1					
		Set 2					
		Set 3					
Hamstrings Curl 3 x 8-12 (Hamstrings)		Set 1					
		Set 2					
		Set 3					
Seated Calf Press 2 x 10-12 (Calves)		Set 1					
		Set 2					
		Set 3					
Lat Pulldown 3 x 8-12 (Lats)		Set 1					
		Set 2					
		Set 3					
DB Chest Press 3 x 8-12 (Pecs)		Set 1					
		Set 2					
		Set 3					
BB Biceps Curl 3 x 8-12 (Biceps)		Set 1					
		Set 2					
		Set 3					
Triceps Kickbacks 3 x 8-12 (Triceps)		Set 1					
		Set 2					
		Set 3					
DB Shoulder Press 2 x 8-12 (Ant/Med Delt)		Set 1					
		Set 2					
		Set 3					
Crunches 3 x amap (Abs)		Set 1					
		Set 2					
		Set 3					

Notes: Perform 3 x per week (Mon, Wed, Sat). Take 1 minute rest between sets. AMAP = As many as possible. Perform exercises in order. Spend 10 minutes on Cool-down. If you are feeling any discomfort, stop exercising and ask staff for help.

Not using diagrams on your workout card? Still drawing stick figures?

Now you can incorporate **over 600** colour exercise diagrams for over 200 traditional exercises into your workout card design! Make your workout cards:

- Easier to read
- Easier to understand
- Look more professional

The diagrams are in a word document and can easily copied and pasted into any document. Each diagram is described too!

