

ACE Workout Builder

Client name: _____ Date: _____ Age: _____

Goals: _____

Experience level: _____

Intensity: _____ Repetitions: _____ Sets: _____ Tempo: _____ Rest: _____

Equipment preferences/availability: _____

Workouts/week: _____

Notes:

continued on next page

Body Area/Muscle Group

Exercise list:

Upper Body				Torso	Lower Body	
Chest	Back	Shoulders	Arms	Torso	Hips	Legs

High-intensity Resistance Training Workout

Pick at least 1 exercise from each column and alternate between upper- and lower-body exercises. For the sake of variety, you may opt to create two different workouts that target different muscles in each body area (e.g., biceps/triceps and quadriceps/hamstrings).

Body Area/Muscle Group	Exercise

Body Area/Muscle Group	Exercise

Function

Exercise list:

Pushing	Pulling	Bend-and-Lift	Single-leg	Rotation

High-intensity Resistance Training Workout

Pick at least 1 exercise from each column and alternate between upper- and lower-body exercises. For the sake of variety, you may opt to create two different workouts that target each function in different ways (e.g., chest press and overhead press).

Function	Exercise

Function	Exercise