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|-------|--|--------|--------|
| Name | | Weight | Height |
| Start | | DOB | BMI |



fitness courses

CMS Vocational Training Ltd
Majestic House, Floors 1 & 2
29 Green Street, Huddersfield
HD1 5DQ

T: 01484 434 800
F: 01484 515 268
E: fitnessacademy@cmsvoc.co.uk
W: cmsfitnesscourses.co.uk

| | Phase | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|--------------|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Endurance | 1 | X | X | | | | | | | X | | | |
| Hypertrophy | 2 | | | X | X | X | | | X | | X | X | X |
| Strength | 3 | | | | | | X | X | | | | | |
| Power | 4 | | | | | | | | | | | | |
| CV Endurance | A | X | X | | | | | | | X | | | |
| Lactic acid | B | | | X | X | X | | | X | | X | X | X |
| ATP/CP | C | | | | | | X | X | | | | | |