

Workout Form

Instructions: Please complete the following form to ensure safe and effective exercise.

Name:

Date of Birth:

Gender:

Height (ft/in or cm):

Weight (lbs or kg):

Medical History:

Current Medications:

Fitness Goals:

Frequency of Exercise:

Preferred Activities:

Proper Workout Form Checklist

Item	Instructions	Observed/ Completed	Remarks
Posture: Maintain proper posture throughout exercises.	To achieve this, stand with your feet shoulder-width apart and distribute your weight evenly on both feet. Ensure your back is straight, shoulders pulled back, and chest forward. Whether you're lifting weights or performing bodyweight exercises, keep your spine in a neutral position by avoiding excessive arching or rounding of the back. Engage your core muscles to support your upper body, especially during movements that involve bending or lifting.		
Warm-Up: Always warm up before exercising.	To properly warm up before exercising, start with 5-10 minutes of low-intensity cardio such as brisk walking, light jogging, or cycling. Incorporate dynamic stretches targeting major muscle groups, such as arm circles, leg swings, and torso twists, to further loosen up your muscles and improve flexibility. Gradually increase the intensity of your warm-up to gently raise your heart rate and mentally prepare for the upcoming workout.		

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<p>Breathing: Breathe steadily and avoid holding your breath.</p>	<p>During exercise, focus on maintaining a consistent breathing rhythm to support optimal performance and prevent fatigue. Inhale deeply through your nose during the eccentric phase of the movement, such as lowering a weight or stretching a muscle. Exhale fully through your mouth during the concentric phase, such as lifting a weight or contracting a muscle.</p>		
<p>Range of Motion: Perform exercises through full range of motion</p>	<p>To ensure proper execution of exercises through the full range of motion, focus on controlling the movement from the starting position to the end position and back again. Avoid rushing through the exercise or using momentum to complete the movement. For example, when performing a bicep curl, start with your arms fully extended, palms facing forward. Slowly bend your elbows, bringing the weights towards your shoulders while keeping your upper arms stationary. Pause briefly at the top, then lower the weights back to the starting position, fully extending your arms. Ensure that you're not swinging the weights or using momentum to lift them.</p>		
<p>Core Engagement: Engage your core muscles for stability.</p>	<p>To engage your core muscles effectively for stability, start by standing with your feet hip-width apart and maintaining a neutral spine. Focus on contracting your abdominal muscles by pulling your belly button towards your spine while keeping your chest lifted and shoulders relaxed. Avoid holding your breath and continue breathing normally as you maintain this core engagement throughout exercises.</p>		
<p>Proper Footwear: Wear appropriate footwear for each activity.</p>	<p>To ensure proper footwear for each activity, start by selecting shoes designed specifically for the type of exercise you'll be performing. For running or jogging, opt for running shoes with ample cushioning and support to absorb impact and provide stability. For weightlifting, choose shoes with a flat and stable sole to optimize ground contact and enhance lifting performance.</p>		

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<p>Balance: Ensure exercises are balanced between muscle groups</p>	<p>To ensure exercises are balanced between muscle groups, incorporate a variety of movements that target different muscle groups evenly throughout your workout routine. Design a sample workout plan that includes exercises targeting each major muscle group. For example:</p> <ul style="list-style-type: none"> • Chest: Bench press, push-ups • Back: Rows, pull-ups • Shoulders: Shoulder press, lateral raises • Arms: Bicep curls, tricep dips • Core: Planks, Russian twists • Legs: Squats, lunges • Glutes: Hip thrusts, glute bridges 		
<p>Equipment Setup: Adjust equipment to fit your body properly.</p>	<p>To achieve proper equipment setup, start by familiarizing yourself with the specific features and adjustments of the equipment you'll be using. Ensure that the seat height, handlebars, or resistance levels are set to accommodate your body size and comfort. Pay attention to proper alignment and posture as you adjust the equipment, aiming to maintain a neutral spine and comfortable positioning throughout your workout.</p>		
<p>Rest Between Sets: Allow adequate rest between sets for recovery.</p>	<p>Rest between sets is crucial for allowing your muscles to recover and replenish energy stores. Aim for rest periods of 30 seconds to 2 minutes, depending on the intensity of the exercise and your fitness level. During rest periods, hydrate, catch your breath, and mentally prepare for the next set. Pay attention to your body's cues, such as heart rate and breathing rate, to gauge your readiness for the next set.</p>		

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<p>Hydration: Stay hydrated before, during, and after workouts.</p>	<p>Start by drinking water consistently throughout the day to maintain hydration levels. Before your workout, aim to consume about 16-20 ounces of water at least 2 hours before exercising, and an additional 8-10 ounces 15 minutes before starting your workout. During your workout, sip water regularly especially if you're engaging in intense or prolonged exercise. After your workout, replenish fluids by drinking water to replace any fluids lost through sweat.</p>		
<p>Form Over Weight: Prioritize proper form over lifting heavy weights.</p>	<p>Start with a weight that allows you to perform each repetition with proper form and control. As you gain strength and proficiency, gradually increase the weight while maintaining strict form to ensure safety and effectiveness. Remember that proper form not only reduces the risk of injury but also maximizes muscle engagement and progression over time.</p>		
<p>Listen to Your Body: Stop if you feel pain beyond normal exertion.</p>	<p>If you experience any pain beyond the normal exertion associated with exercise, it's essential to stop immediately. This pain could indicate potential injury or overexertion, and pushing through it may worsen the situation. Take a moment to assess the discomfort and determine its cause before deciding whether to continue or modify your workout.</p>		
<p>Cooldown: Incorporate a cooldown period to bring heart rate back to normal.</p>	<p>Gradually decrease the intensity of your workout to allow your heart rate to return to its resting state. Include light aerobic activity or stretching exercises to promote circulation, flexibility, and relaxation. Cooldowns help prevent post-exercise dizziness, muscle soreness, and promote recovery by aiding in the removal of metabolic waste products from your muscles.</p>		

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