

# AUSTRALIAN MIND BODY INSTITUTE

## Program Template

Day:

Week:

Exercise	Reps/ Time	Notes
Warm Up		

Exercise	Set 1 Reps/ Time	Set 2 Reps/ Time	Set 3 Reps/ Time	Set 4 Reps/ Time	Set 5 Reps/ Time	Notes
Work Out						

Exercise	Reps/ Time	Notes
Cool Down		

Session Notes

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We teach differently.**  
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