

BACK TO BASIC PHYSICAL TRAINING PROGRAM

FRANKLY FIT W/ FB

Warning statements

I am not a medical doctor, a certified personal trainer, a nutritionist, etc. I do not have or hold a certification in expertise to build an exercise program. What I have done is build a schedule using the exercise programs from certified trainers and incorporating nutritional information from those who hold such expertise.

Always check with your physician before starting any exercise program. In this case, you can take the program schedule with you (it's included later in this document) to make sure you're cleared to perform all the motions and exercises.

Be aware of, and keep in mind, any allergies or nutritional concerns you have and adjust where necessary to maintain yourself. (i.e. I am borderline hypoglycemic and have a family history of diabetes. Those circumstances prevent me from using a ketogenic-goal diet.)

If you feel pain during an exercise, stop immediately and assess the cause. Using weights to develop strength and build muscle mass puts pressure on the joints in your body. Pay attention to the guidance of the trainers in the various programs and adjust the weight you're using according to their statements and your body's performance.