



EM ~Pulse Fitness CLIENT PROFILE

Name:		DOB:	
Phone:		Height:	
Email:		Weight:	
Previous Training History:			
Any Specific Injuries:			
Notes:			

How to prep for your workout (PRE & POST):

- No strenuous or heavy strength training 24 hours prior to session (come with a “fresh body”)
- No deep tissue massages 24 hours prior to session
- Hydrated the night before, and the morning of, your workout (bring water with you to your session)
- Have a light pre-workout meal, if necessary
- Have a post-workout meal (protein, complex carbs)
- Recovery: stretching and light cardio only
- No strenuous, heavy strength training or deep tissue massage for 48 hours after your workout session
- Hydrate! (avoid alcohol)