



Session Plan



Session Plan Details

- 🎯 Session Type: Strength & Conditioning
- 👤 Client Name: Sarah Johnson
- 👨‍🏫 Coach: Alex Rodriguez
- 🕒 Duration: 60 Minutes
- 📍 Location: Downtown Fitness Studio



Equipment Needed

- 💪 Dumbbells (5-20kg)
- 🏋️ Kettlebells (12kg, 16kg)
- 🔄 Resistance bands
- 🧵 TRX suspension trainer
- 🧘 Exercise mat
- ⚽ Medicine ball (6kg)
- 🧩 Foam roller
- 🍷 Other: Water bottle and towel



1. Mobility & Warm-Up (10-12 mins)

Exercise	Duration/Reps	Notes
Cat-Cow Stretch	60 seconds	Focus on full spinal articulation
Bodyweight Squats	15 reps	Emphasize knee tracking over toes
Arm Circles	30 seconds each direction	Full range of motion
Dynamic Lunges with Rotation	10 reps each side	Keep front knee stable



2. THE WORKOUT

Today's session focuses on full-body strength with an emphasis on core stability and posterior chain development. We'll be using a circuit format to maintain an elevated heart rate while building strength. Sarah should aim for challenging weights but prioritize form over load.

WORKOUT BLOCK 1

Format: 3 rounds, 40 seconds work/20 seconds rest, complete all exercises then rest 90 seconds before next round

Exercise	Reps/Time	Notes
Goblet Squats	40 sec	Use 16kg kettlebell, focus on depth
Renegade Rows	40 sec	10kg dumbbells, maintain plank position
TRX Hamstring Curls	40 sec	Hips elevated throughout
Push-ups	40 sec	Modify on knees if needed after 25 seconds

WORKOUT BLOCK 2

Format: 4 rounds, alternating between exercises 1-2 and then 3-4 with minimal rest

Exercise	Reps/Time	Notes
Romanian Deadlifts	12 reps	15kg dumbbells, focus on hamstring stretch
Dumbbell Shoulder Press	10 reps	7.5kg dumbbells, full range of motion
Lateral Lunges	8 reps each side	Bodyweight, push knee out
Resistance Band Rows	15 reps	Medium band, squeeze shoulder blades

WORKOUT BLOCK 3

Format: 2 rounds, 50 seconds work/10 seconds rest, focus on core and conditioning finisher

Exercise	Reps/Time	Notes
Plank with Shoulder Taps	50 sec	Maintain hip stability
Russian Twists	50 sec	6kg medicine ball, feet elevated
Mountain Climbers	50 sec	Focus on speed while maintaining form

Burpees	50 sec	Modify by stepping back if needed
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3. Extra Work (Optional)

Exercise	Sets	Reps	Notes
Calf Raises	3	15	Address ankle stability for running
Tricep Dips	3	12	Work on arm definition goal
Glute Bridges	2	20	Focus on posterior chain activation

4. Cool-Down & Mobility (5-10 mins)

Exercise	Duration	Notes
Child's Pose	60 seconds	Focus on lateral stretching
Pigeon Pose	45 seconds each side	Address tight hip flexors
Foam Rolling (Quads & IT Band)	60 seconds each	Moderate pressure

5. Machine Setup Guide

Machine/Equipment	Setup Instructions
TRX Suspension Trainer	Anchor point at 7ft height, straps adjusted to mid-length for hamstring curls
Adjustable Bench	Set to 30° incline for shoulder press, flat for renegade rows
Cable Machine	Pin set at hip height for rows, attachment set to rope handle

6. Closing Message

Great work today, Sarah! You showed excellent form on the Romanian deadlifts - the posterior chain work we've been focusing on is really paying off. Your core stability has improved significantly, especially during the plank variations.

For recovery, make sure to hydrate well and consider an Epsom salt bath tonight to help with any muscle soreness. Try to get at least 7 hours of sleep to maximize recovery.

Your homework until our next session is to complete 10 minutes of mobility work each morning focusing on hip and thoracic mobility as we discussed.

Progress Notes (For Next Session)

- ☒ Increased kettlebell weight on goblet squats from 12kg to 16kg
- ☒ Improved form on Romanian deadlifts — maintaining neutral spine
- ☐ Still needs work on shoulder stability during push-ups
- ☒ Ready to progress to more challenging core exercises

17 Next Session Preparation

- ☐ Prepare assessment for upper body strength progress
- ☐ Plan new core progression exercises
- ☐ Schedule next session to focus on HIIT
- ☐ Check in about nutrition goals - protein intake specifically