

Client Name:

Scott Clare

Session Availability:2014-11-10 07:00 AM - 08:00 AM

Phase:

Note:

Alert:

Warm-Up

Exercise	Sets	Duration	Coaching Tip	
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Triceps 2

Triceps 3

CORE/BALANCE/PLYOMETRIC

Exercise	Sets	Reps	Weight	Rest	Coaching Tip	
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Test Core 2

SPEED/AGILITY/QUICKNESS

Exercise	Sets	Reps	Weight	Rest	Coaching Tip	
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RESISTANCE

Exercise	Sets	Reps	Weight	Rest	Coaching Tip	
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res

COOL-DOWN

Exercise	Sets	Duration	Coaching Tip	
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cool cv