

<b>CLIENT'S NAME:</b> Jane Doe					
<b>GOAL:</b> Fat Loss					
<b>PHASE:</b> 1 Stabilization Endurance Training					
<b>DATE:</b> 4 of 12					
EXERCISE	SETS	REPS	TEMPO	REST	NOTES
<b>WARM-UP</b>					
Foam Roll: Calves, Adductors, Lats	1	1	30 sec	0 sec	Hold tender spot for 30 sec
Static Stretch: Calves, Adductors, Lats	1	1	30 sec	0 sec	Hold each stretch for 30 sec
Cardio	1	1	5 min	60 sec	Brisk walk or slow jog for 5 minutes
<b>ACTIVATION (core &amp; balance)</b>					
Core: Plank	2	1	Slow	0	Hold for 30 sec
Core: Side Plank	2	1	Slow	0	Hold for 30 sec
Balance: Single-leg Arm and Leg Motion	2	16	Slow	90 sec	8 reps each leg
<b>SKILL DEVELOPMENT (plyometric &amp; SAQ)</b>					
Plyometric: Box Jump-up with Stabilization	2	8	Slow	90 sec	Hold landing for 3-5 sec
SAQ: Speed Ladder- One-ins, Two-ins, Side Shuffle	2	1	Moderate	90 sec	
<b>RESISTANCE TRAINING</b>					
Total-Body: Step-up, Balance, Curl to Press	2	15	Slow	0	
Chest: Push-up	2	15	Slow	0	Modified push-up if necessary
Back: Ball Cobra	2	15	Slow	0	
Shoulders: Single-leg Dumbbell Scaption	2	15	Slow	0	
Legs: Lunge to Balance	2	15	Slow	90 sec	
<b>CLIENT'S CHOICE</b>					
Elliptical Machine	1	1	Moderate	90 sec	Moderate-intensity for 10-min
<b>COOL-DOWN</b>					
Cardio	1	1	5 min	0 sec	Gradually reduce speed
Foam Roll: Calves, Adductors, Lats	1	1	30 sec	0 sec	Hold tender spot for 30 sec
Static Stretch: Calves, Adductors, Lats	1	1	30 sec	0 sec	Hold each stretch for 30 sec

**Coaching Tips:** Perform activation and resistance exercises in two mini circuits.