

CLIENT'S NAME: Jane Doe					
GOAL: Fat Loss					
PHASE: 2 Strength Endurance Training					
DATE: 5 of 12					
EXERCISE	SETS	REPS	TEMPO	REST	NOTES
WARM-UP					
Foam Roll: Calves, Adductors, Tensor Fascia Latae, Lats	1	1	30 sec	0 sec	Hold tender spot for 30 sec
Active Stretch: Calves, Adductors, Lats	1	10	1-2 sec	0 sec	Hold each stretch for 1-2 sec
Cardio	1	1	5 min	60 sec	Brisk walk or slow jog for 5 minutes
ACTIVATION (core & balance)					
Core: Ball Crunch	2	12	Moderate	0	
Core: Cable Rotation	2	12	Moderate	0	
Balance: Single-leg Squat	2	12	Moderate	60 sec	
SKILL DEVELOPMENT (plyometric & SAQ)					
Plyometric: Squat Jump	2	8	Repeating	60 sec	
SAQ: Speed Ladder- One-ins, Two-ins, Side Shuffle, In-In-Out-Out	2	1	Fast	60 sec	
RESISTANCE TRAINING					
Legs: Dumbbell Squat	2	12	Moderate	0	
Legs: Single-leg Squat		12	Slow	60 sec	
Chest: Dumbbell Chest Press	2	12	Moderate	0	Modified push-up if necessary
Chest: Push-up		12	Slow	60 sec	
Back: Lat Pulldown	2	12	Moderate	0	
Back: Single-leg Lat Pulldown		12	Slow	60 sec	
Shoulders: Shoulder Press Machine	2	12	Moderate	0	
Shoulders: Single-leg Dumbbell Shoulder Press		12	Slow	60 sec	
CLIENT'S CHOICE					
Standing Dumbbell Biceps Curls	2	12	Moderate	0 sec	
Standing Triceps Pushdowns	2	12	Moderate	60 sec	
COOL-DOWN					
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 client's choice exercises in two mini circuits. Resistance training consists of supersets for each body part.