

CLIENT'S NAME: Jane Doe					
GOAL: Sport Performance					
PHASE: 5 Power Training					
DATE: 9 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
Dynamic Stretch: Leg Swings: Side to Side; Leg Swings: Front to Back; Tube Walking: Side to Side, Ball Russian Twist; Push-up with Rotation	1	10	Moderate	60 sec	10 reps each leg
ACTIVATION (core & balance)					
Core: Palloff Press	2	12	Slow	0	
Balance: Multiplanar Hop with Stabilization	2	12	Controlled	60 sec	Hold landing 3-5 sec
SKILL DEVELOPMENT (plyometric & SAQ)					
RESISTANCE TRAINING					
Legs: Barbell Squat	4	5	Explosive	0	
Legs: Squat Jump		10	Explosive	2 min	
Chest: Dumbbell Chest Press	4	5	Explosive	0	
Chest: Medicine Ball Chest Pass		10	Explosive	2 min	
Back: Seated Cable Row	4	5	Explosive	0	
Back: Medicine Ball Pulllover Throw		10	Explosive	2 min	
Shoulders: Shoulder Press Machine	4	5	Explosive	0	
Shoulders: Front Medicine Ball Oblique Throw		10	Explosive	2 min	
CLIENT'S CHOICE					
Punching Bag	1	1	Explosive	2 min	Hit punching bag for 2 min
COOL-DOWN					
Foam Roll: Calves, Adductors, Tensor Fascia Latae, Lats	1	1	30 sec	0 sec	Hold tender spot for 30 sec
Static Stretch: Calves, Adductors, Tensor Fascia Latae, Lats	1	1	30 sec	0 sec	Hold each stretch for 30 sec

**Coaching Tips:** Resistance training consists of supersets for each body part.