

CLIENT'S NAME: John Doe					
GOAL: Muscle Gain					
PHASE: 4 Maximal Strength Training					
DATE: 10 of 12					
EXERCISE	SETS	REPS	TEMPO	REST	NOTES
WARM-UP					
Foam Roll: Calves, Tensor Fascia Latae, Thoracic-Spine	1	1	30 sec	0 sec	Hold tender spot for 30 sec
Active Stretch: Calves, Tensor Fascia Latae, Pectorals	1	10	1-2 sec	0 sec	Hold each stretch for 1-2 sec
Dynamic Stretch: Tube Walking: Side to Side	1	10	Moderate	60 sec	10 reps each direction
ACTIVATION (core & balance)					
Core: Ball Crunch	2	12	Moderate	0	
Core: Reverse Crunch	2	12	Moderate	0	
Balance: Step-up to Balance	2	12	Moderate	60 sec	
SKILL DEVELOPMENT (plyometric & SAQ)					
RESISTANCE TRAINING					
Chest: Barbell Bench Press	5	5	Explosive	3 min	
Chest: Incline Dumbbell Chest Press	5	5	Explosive	3 min	
Chest: Decline Dumbbell Chest Press	5	5	Explosive	3 min	
Back: Barbell Bent Over Row	5	5	Explosive	3 min	
Back: Seated Lat Pulldown	5	5	Explosive	3 min	
Back: Seated Cable Row	5	5	Explosive	3 min	
CLIENT'S CHOICE					
Floor Crunch	1	20	Moderate	30 sec	
COOL-DOWN					
Foam Roll: Calves, Tensor Fascia Latae, Thoracic-Spine	1	1	30 sec	0 sec	Hold tender spot for 30 sec
Static Stretch: Calves, Tensor Fascia Latae, Pectorals	1	1	30 sec	0 sec	Hold each stretch for 30 sec

Coaching Tips: Perform activation exercises in a circuit.