Optimum Performance Training®



CLIENT'S NAME:					
GOAL:					
PHASE:					
DATE:					
EXERCISE	SETS	REPS	TEMPO	REST	NOTES
WARM-UP					
ACTIVATION (core & balance)					
SKILL DEVELOPMENT (plyometric & SAQ)	<u> </u>				
RESISTANCE TRAINING					
CLIENT'S CHOICE					
CLIENT'S CHOICE	I	<u> </u>			
COOL POWA					
COOL-DOWN					
Casabina Tina:					

Coaching Tips: