

CLIENT'S NAME: John Doe					
GOAL: Muscle Gain					
PHASE: 2 Strength Endurance Training					
DATE: 4 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 leg
ACTIVATION (core & balance)					
Core: Ball Crunch	2	12	Moderate	0	
Core: Back Extension	2	12	Moderate	0	
Balance: Single-leg Squat	2	12	Moderate	60 sec	
SKILL DEVELOPMENT (plyometric & SAQ)					
Plyometric: Box Jump-up	2	8	Repeating	60 sec	
RESISTANCE TRAINING					
Chest: Dumbbell Chest Press Chest: Push-up	2	12 12	Moderate Slow	0 sec 60 sec	Modified push-up if necessary
Back: Seated Cable Row Back: Ball Dumbbell Row	2	12 12	Moderate Slow	0 sec 60 sec	
Shoulders: Standing Dumbbell Shoulder Press Shoulders: Single-leg Scaption	2	12 12	Moderate Slow	0 sec 60 sec	
Biceps: Biceps Curl Machine Biceps: Single-leg Dumbbell Curl	2	12 12	Moderate Slow	0 sec 60 sec	
Triceps: Cable Pushdown Triceps: Prone Ball Dumbbell Triceps Extension	2	12 12	Moderate Slow	0 sec 60 sec	
Legs: Leg Press Legs: Single-leg Squat	2	12 12	Moderate Slow	0 sec 60 sec	
CLIENT'S CHOICE					
Plank	2	1	Slow	60 sec	Hold for 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. Resistance training consists of supersets for each body part.