

| CLIENT'S NAME: Jane Doe | | | | | |
|--|------|----------|------------------|-------------|-------------------------------|
| GOAL: Sport Performance | | | | | |
| 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, Tensor Fascia Latae, Lats | 1 | 10 | 1-2 sec | 0 sec | Hold each stretch for 1-2 sec |
| Dynamic Stretch: Leg Swings: Side to Side; Leg Swings: Front to Back; Tube Walking: Side to Side | 1 | 10 | Moderate | 90 sec | 10 reps each leg |
| ACTIVATION (core & balance) | | | | | |
| Core: Reverse Crunch | 2 | 12 | Moderate | 0 | |
| Core: Knee-up | 2 | 12 | Moderate | 0 | |
| Balance: Single-leg Romanian Deadlift | 2 | 12 | Moderate | 60 sec | |
| SKILL DEVELOPMENT (plyometric & SAQ) | | | | | |
| Plyometric: Squat Jump | 2 | 8 | Repeating | 60 sec | |
| Cone Drills: 5-10-5 Drill, Modified Box Drill, L.E.F.T Drill | 2 | 1 | Fast | 60 sec | |
| RESISTANCE TRAINING | | | | | |
| Legs: Leg Press Legs: Single-leg Squat | 2 | 12 12 | Moderate Slow | 0 60 sec | |
| Chest: Dumbbell Chest Press Chest: Push-up with Rotation | 2 | 12 12 | Moderate Slow | 0 60 sec | |
| Back: Pull-up Back: Single-leg Lat Pulldown | 2 | 12 12 | Moderate Slow | 0 60 sec | |
| Shoulders: Shoulder Press Machine Shoulders: Kettlebell Bottoms-up Shoulder Press | 2 | 12 12 | Moderate Slow | 0 60 sec | |
| CLIENT'S CHOICE | | | | | |
| Floor Crunch | 2 | 20 | Moderate | 60 sec | |
| 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: Perform activation exercises in a circuit. Resistance training consists of supersets for each body part.