

CLIENT'S NAME: Jane Doe					
GOAL: Fat Loss					
PHASE: 2 Strength Endurance Training					
DATE: 8 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, Lats	1	10	1-2 sec	0 sec	Hold each stretch for 1-2 sec
Cardio	1	1	5 min	60 sec	Brisk walk or slow jog for 5 minutes
ACTIVATION (core & balance)					
Core: Ball Crunch	2	12	Moderate	0	
Core: Cable Rotation	2	12	Moderate	0	
Balance: Lunge to Balance	2	12	Moderate	60 sec	
SKILL DEVELOPMENT (plyometric & SAQ)					
Plyometric: Butt Kick	2	8	Repeating	60 sec	
SAQ: Speed Ladder- One-ins, Two-ins, Side Shuffle, In-In-Out-Out	2	1	Fast	60 sec	
RESISTANCE TRAINING					
Legs: Dumbbell Squat	3	10	Moderate	0	
Legs: Single-leg Squat Touchdown		10	Slow	60 sec	
Chest: Dumbbell Chest Press	3	10	Moderate	0	
Chest: Push-up: Hands on Ball		10	Slow	60 sec	
Back: Pull-up	3	10	Moderate	0	
Back: Suspension Row		10	Slow	60 sec	
Shoulders: Seated Dumbbell Shoulder Press	3	10	Moderate	0	
Shoulders: Single-leg Dumbbell Shoulder Press		10	Slow	60 sec	
CLIENT'S CHOICE					
Cat and Camel Yoga Pose	1	1	Slow	0 sec	
Child's Pose	1	1	Slow	0 sec	Hold for 30 sec
COOL-DOWN					
Cardio	1	1	5 min	0 sec	Gradually reduce speed
Foam Roll: Calves, Adductors, Lats	1	1	30 sec	0 sec	Hold tender spot for 30 sec
Static Stretch: Calves, Adductors, 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.