

<b>CLIENT'S NAME:</b> Jane Doe					
<b>GOAL:</b> Fat Loss					
<b>PHASE:</b> 1 Stabilization Endurance Training					
<b>DATE:</b> 1 of 12					
EXERCISE	SETS	REPS	TEMPO	REST	NOTES
<b>WARM-UP</b>					
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
Cardio	1	1	5 min	60 sec	Brisk walk or slow jog for 5 minutes
<b>ACTIVATION (core &amp; balance)</b>					
Core: Floor Bridge	1	15	Slow	0	
Core: Floor Cobra	1	15	Slow	0	
Balance: Single-leg Balance Reach: Frontal Plane	1	16	Slow	90 sec	8 reps each leg
<b>SKILL DEVELOPMENT (plyometric &amp; SAQ)</b>					
<b>RESISTANCE TRAINING</b>					
Squat Pattern: Ball Squat	1	20	Slow	0	
Hinge Pattern: Bodyweight Good Mornings	1	20	Slow	0	
Push Pattern: Incline Push-up	1	20	Slow	0	Use a wall, bench, or chair
Pull Pattern: Standing Tubing Row	1	20	Slow	0	
Press Pattern: Standing Tubing Shoulder Press	1	20	Slow	90 sec	
<b>CLIENT'S CHOICE</b>					
Plank	1	1	Slow	90 sec	Hold for 30 sec
<b>COOL-DOWN</b>					
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 and resistance exercises in two mini circuits.