

CLIENT'S NAME: Jane Doe					
GOAL: Sport Performance					
PHASE: 1 Stabilization Endurance Training					
DATE: 3 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
Static Stretch: Calves, Adductors, Tensor Fascia Latae, Lats	1	1	30 sec	0 sec	Hold each stretch for 30 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: Fire Hydrant	1	16	Slow	0	8 each side
Core: Palloff Pres	1	16	Slow	0	8 each side
Balance: Single-leg Arm and Leg Motion	1	16	Slow	90 sec	8 reps each leg
SKILL DEVELOPMENT (plyometric & SAQ)					
Plyometric: Squat Jump-down with Stabilization	1	8	Slow	90 sec	Hold landing 3-5 sec
Cone Drills: 5-10-5 Drill, Box Drill	1	1	Moderate	90 sec	
RESISTANCE TRAINING					
Total Body: Single-leg Squat to Row	3	12	Slow	0	6 reps each leg
Chest: Single-leg Cable Chest Press	3	12	Slow	0	
Back: Single-leg Cable Row	3	12	Slow	0	
Shoulders: Single-leg Scaption	3	12	Slow	0	
Legs: Step-up to Balance	3	12	Slow	90 sec	
CLIENT'S CHOICE					
Triceps Pushdown	3	12	Slow	90 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 and resistance exercises in two mini circuits.