

<b>CLIENT'S NAME:</b> Jane Doe					
<b>GOAL:</b> Sport Performance					
<b>PHASE:</b> 1 Stabilization Endurance Training					
<b>DATE:</b> 2 of 12					
EXERCISE	SETS	REPS	TEMPO	REST	NOTES
<b>WARM-UP</b>					
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
<b>ACTIVATION (core &amp; balance)</b>					
Core: Plank	1	1	Slow	0	
Core: Side Plank	1	1	Slow	0	
Balance: Single-leg Windmill	1	16	Slow	90 sec	8 reps each leg
<b>SKILL DEVELOPMENT (plyometric &amp; SAQ)</b>					
Plyometric: Box Jump-up 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	
<b>RESISTANCE TRAINING</b>					
Squat Pattern: Step-up to Balance	2	15	Slow	0	
Hinge Pattern: Kettlebell Single-leg Romanian Deadlift	2	15	Slow	0	
Push Pattern: Suspension Push-up	2	15	Slow	0	
Pull Pattern: Suspension Row	2	15	Slow	0	
Press Pattern: Standing Dumbbell Arnold Press	2	15	Slow	90 sec	
<b>CLIENT'S CHOICE</b>					
Biceps Curls	2	15	Slow	90 sec	
<b>COOL-DOWN</b>					
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.