

CLIENT'S NAME: Jane Doe					
GOAL: Fat Loss					
PHASE: 3 Muscular Development Training					
DATE: 9 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: Reverse Crunch	2	12	Moderate	0	
Core: Back Extension	2	12	Moderate	0	
Balance: Lunge to Balance	2	12	Moderate	60 sec	
SKILL DEVELOPMENT (plyometric & SAQ)					
Plyometric: Repeat Box Jumps	2	8	Repeating	60 sec	
SAQ: Speed Ladder- One-ins, Two-ins, Side Shuffle, In-In-Out-Out, Ali Shuffle	2	1	Fast	60 sec	
RESISTANCE TRAINING					
Chest: Dumbbell Chest Press	3	12	Moderate	30 sec	
Chest: Incline Dumbbell Chest Press	3	12	Moderate	30 sec	
Back: Lat Pulldown	3	12	Moderate	30 sec	
Back: Suspension Row	3	12	Moderate	30 sec	
Shoulders: Standing Dumbbell Shoulder Press	3	12	Moderate	30 sec	
Shoulders: Standing Dumbbell Lateral Raise	3	12	Moderate	30 sec	
CLIENT'S CHOICE					
Punching Bag	1	1	Moderate	60 sec	5 minutes
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.