

CLIENT'S NAME: Jane Doe					
GOAL: Sport Performance					
PHASE: 1 Stabilization Endurance Training					
DATE: 1 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: Ball Bridge	1	15	Slow	0	
Core: Ball Cobra	1	15	Slow	0	
Balance: Single-leg Hip Rotation	1	16	Slow	90 sec	8 reps each leg
SKILL DEVELOPMENT (plyometric & SAQ)					
Plyometric: Squat Jump 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					
Squat Pattern: Ball Squat	2	15	Slow	0	
Hinge Pattern: Single-leg Romanian Deadlift	2	15	Slow	0	
Push Pattern: Push-up with Rotation	2	15	Slow	0	
Pull Pattern: Single-leg Cable Row	2	15	Slow	0	
Press Pattern: Single-leg Dumbbell Shoulder Press	2	15	Slow	90 sec	
CLIENT'S CHOICE					
Plank	2	1	Slow	90 sec	Hold for 30 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.