

<b>CLIENT'S NAME:</b> Jane Doe					
<b>GOAL:</b> Fat Loss					
<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, 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: 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
<b>SKILL DEVELOPMENT (plyometric &amp; SAQ)</b>					
<b>RESISTANCE TRAINING</b>					
Squat Pattern: Bodyweight Squat	1	20	Slow	0	
Hinge Pattern: Romanian Deadlift	1	20	Slow	0	Use light weight or bodyweight
Push Pattern: Standing Tubing Chest Press	1	20	Slow	0	
Pull Pattern: Inverted Row	1	20	Slow	0	Use a Smith machine or another sturdy object
Press Pattern: Standing Dumbbell Shoulder Press	1	20	Slow	90 sec	
<b>CLIENT'S CHOICE</b>					
Side Plank	1	1	Slow	90 sec	Hold 30 sec each side
<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.