

CLIENT'S NAME: John Doe					
GOAL: Muscle Gain					
PHASE: 1 Stabilization Endurance Training					
DATE: 3 of 12					
EXERCISE	SETS	REPS	TEMPO	REST	NOTES
WARM-UP					
Foam Roll: Calves, Tensor Fascia Latae, Thoracic-Spine	1	1	30 sec	0 sec	Hold tender spot for 30 sec
Static Stretch: Calves, Tensor Fascia Latae, Erector Spinae	1	1	30 sec	0 sec	Hold each stretch for 30 sec
Dynamic Stretch: Tube Walking: Side to Side	1	10	Moderate	60 sec	10 reps each leg
ACTIVATION (core & balance)					
Core: Fire Hydrant	1	16	Slow	0	8 each side
Core: Palloff Press	1	16	Slow	0	8 each side
Balance: Single-leg Lift and Chop	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
RESISTANCE TRAINING					
Total Body: Ball Squat, Curl, to Press	2	15	Slow	0	
Chest: Single-leg Cable Chest Press	2	15	Slow	0	
Back: Standing Lat Pulldown	2	15	Slow	0	
Shoulders: Single-leg Scaption	2	15	Slow	0	
Biceps: Single-leg Dumbbell Curl	2	15	Slow	0	
Triceps: Supine Ball Dumbbell Triceps Extensions	2	15	Slow	0	
Legs: Multiplanar Step-up to Balance	2	15	Slow	90 sec	
CLIENT'S CHOICE					
Side Plank	2	1	Slow	90 sec	Hold for 30 sec each side
COOL-DOWN					
Foam Roll: Calves, Tensor Fascia Latae, Thoracic-Spine	1	1	30 sec	0 sec	Hold tender spot for 30 sec
Static Stretch: Calves, Tensor Fascia Latae, Erector Spinae	1	1	30 sec	0 sec	Hold each stretch for 30 sec

Coaching Tips: Perform activation and resistance exercises in two mini circuits.