

CLIENT'S NAME: John Doe					
GOAL: Muscle Gain					
PHASE: 2 Strength Endurance Training					
DATE: 6 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
Active Stretch: Calves, Tensor Fascia Latae, Pectorals	1	10	1-2 sec	0 sec	Hold each stretch for 1-2 sec
Dynamic Stretch: Tube Walking: Side to Side	1	10	Moderate	60 sec	10 reps each leg
ACTIVATION (core & balance)					
Core: Reverse Crunch	2	12	Moderate	0	
Core: Knee-up	2	12	Moderate	0	
Balance: Single-leg Squat Touchdown	2	12	Moderate	60 sec	
SKILL DEVELOPMENT (plyometric & SAQ)					
Plyometric: Tuck Jump	2	8	Repeating	60 sec	
RESISTANCE TRAINING					
Legs: Barbell Squat	3	10	Moderate	0 sec	
Legs: Single-leg Squat		10	Slow	60 sec	
Chest: Barbell Bench Press	3	10	Moderate	0 sec	
Chest: Single-leg Standing Cable Press		10	Slow	60 sec	
Back: Seated Cable Row	3	10	Moderate	0 sec	
Back: Single-leg Cable Row		10	Slow	60 sec	
Shoulders: Standing Dumbbell Shoulder Press	3	10	Moderate	0 sec	
Shoulders: Ball Combo I		10	Slow	60 sec	
Biceps: Standing Barbell Curl	3	10	Moderate	0 sec	
Biceps: Single-leg Hammer Curl		10	Slow	60 sec	
Triceps: Cable Push-down	3	10	Moderate	0 sec	
Triceps: Prone Ball Dumbbell Triceps Extensions		10	Slow	60 sec	
CLIENT'S CHOICE					
Calf Raise	3	8	Moderate	60 sec	
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, Pectorals	1	1	30 sec	0 sec	Hold each stretch for 30 sec

Coaching Tips: Perform activation exercises in a circuit. Resistance training consists of supersets for each body part.