

CLIENT'S NAME: John Doe					
GOAL: Muscle Gain					
PHASE: 1 Stabilization Endurance Training					
DATE: 2 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 direction
ACTIVATION (core & balance)					
Core: Plank	1	1	Slow	0	Hold for 30 sec
Core: Side Plank	1	1	Slow	0	Hold for 30 sec each side
Balance: Single-leg Windmill	1	16	Slow	90 sec	8 reps each leg
SKILL DEVELOPMENT (plyometric & SAQ)					
RESISTANCE TRAINING					
Squat Pattern: Step-up to Balance	2	15	Slow	0	
Hinge Pattern: Single-leg Romanian Deadlift	2	15	Slow	0	
Push Pattern: Push-up	2	15	Slow	0	Modified push-up if necessary
Pull Pattern: Suspension Trainer Row	2	15	Slow	0	
Press Pattern: Standing Dumbbell Shoulder Press	2	15	Slow	90 sec	
CLIENT'S CHOICE					
Stability Ball Hamstring Curl	2	15	Slow	90 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, 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.