

CLIENT'S NAME: Jane Doe					
GOAL: Fat Loss					
PHASE: 2 Strength Endurance Training					
DATE: 6 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
Active Stretch: Calves, Adductors, Lats	1	10	1-2 sec	0 sec	Hold each stretch for 1-2 sec
Cardio	1	1	5 min	60 sec	Brisk walk or slow jog for 5 minutes
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	
SAQ: Speed Ladder- One-ins, Two-ins, Side Shuffle, In-In-Out-Out	2	1	Fast	60 sec	
RESISTANCE TRAINING					
Legs: Romanian Deadlift	2	12	Moderate	0	
Legs: Single-leg Romanian Deadlift		12	Slow	60 sec	
Chest: Barbell Bench Press	2	12	Moderate	0	
Chest: Single-leg Standing Cable Press		12	Slow	60 sec	
Back: Seated Cable Row	2	12	Moderate	0	
Back: Ball Dumbbell Row		12	Slow	60 sec	
Shoulders: Standing Dumbbell Shoulder Press	2	12	Moderate	0	
Shoulders: Ball Combo I		12	Slow	60 sec	
CLIENT'S CHOICE					
Plank	2	1	Moderate	0 sec	Hold each set for 30 sec
Floor Crunch	2	20	Moderate	60 sec	
COOL-DOWN					
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 exercises and client's choice exercises in two mini circuits. Resistance training consists of supersets for each body part.