

CLIENT'S NAME: John Doe					
GOAL: Muscle Gain					
PHASE: 3 Muscular Development Training					
DATE: 9 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 direction
ACTIVATION (core & balance)					
Core: Ball Crunch	2	12	Moderate	0	
Core: Back Extension	2	12	Moderate	0	
Balance: Single-leg Romanian Deadlift	2	12	Moderate	60 sec	
SKILL DEVELOPMENT (plyometric & SAQ)					
RESISTANCE TRAINING					
Shoulders: Standing Dumbbell Shoulder Press	4	10	Moderate	30 sec	
Shoulders: Standing Dumbbell Lateral Raise	4	10	Moderate	30 sec	
Shoulders: Dumbbell Rear Fly	4	10	Moderate	30 sec	
Biceps: Biceps Curl Machine	4	10	Moderate	30 sec	
Biceps: Standing Hammer Curl	4	10	Moderate	30 sec	
Triceps: Cable Pushdown	4	10	Moderate	30 sec	
Triceps: Supine Bench Barbell Triceps Extension	4	10	Moderate	30 sec	
CLIENT'S CHOICE					
Punching Bag	1	1	Moderate	60 sec	5-10 minutes
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.