

<b>CLIENT'S NAME:</b> Jane Doe					
<b>GOAL:</b> Fat Loss					
<b>PHASE:</b> 3 Muscular Development Training					
<b>DATE:</b> 10 of 12					
EXERCISE	SETS	REPS	TEMPO	REST	NOTES
<b>WARM-UP</b>					
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
<b>ACTIVATION (core &amp; balance)</b>					
Core: Ball Crunch	2	12	Moderate	0	
Core: Reverse Crunch	2	12	Moderate	0	
Balance: Step-up to Balance	2	12	Moderate	60 sec	
<b>SKILL DEVELOPMENT (plyometric &amp; SAQ)</b>					
Plyometric: Power Step-up	2	8	Repeating	60 sec	
SAQ: Speed Ladder- One-ins, Two-ins, Side Shuffle, In-In-Out-Out, Ali Shuffle	2	1	Fast	60 sec	
<b>RESISTANCE TRAINING</b>					
Legs: Dumbbell Squat	3	12	Moderate	30 sec	
Legs: Dumbbell Romanian Deadlift	3	12	Moderate	30 sec	
Legs: Calf Raise	3	12	Moderate	30 sec	
Biceps: Standing Dumbbell Curl	3	12	Moderate	30 sec	
Biceps: Standing Hammer Curl	3	12	Moderate	30 sec	
Triceps: Cable Pushdown	3	12	Moderate	30 sec	
Triceps: Supine Bench Barbell Triceps Extension	3	12	Moderate	30 sec	
<b>CLIENT'S CHOICE</b>					
Jump Rope	1	1	Moderate	60 sec	5 minutes
<b>COOL-DOWN</b>					
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 in a circuit.