

<b>CLIENT'S NAME:</b> John Doe					
<b>GOAL:</b> Muscle Gain					
<b>PHASE:</b> 4 Maximal Strength Training					
<b>DATE:</b> 12 of 12					
EXERCISE	SETS	REPS	TEMPO	REST	NOTES
<b>WARM-UP</b>					
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
<b>ACTIVATION (core &amp; balance)</b>					
Core: Cable Rotation	2	12	Moderate	0	
Core: Knee-up	2	12	Moderate	0	
Balance: Single-leg Squat Touchdown	2	12	Moderate	60 sec	
<b>SKILL DEVELOPMENT (plyometric &amp; SAQ)</b>					
<b>RESISTANCE TRAINING</b>					
Shoulders: Standing Barbell Shoulder Press	5	5	Explosive	5 min	
Shoulders: Dumbbell Lateral Raise	5	5	Explosive	5 min	
Shoulders: Dumbbell Rear Fly	5	5	Explosive	5 min	
Biceps: Biceps Curl Machine	5	5	Explosive	5 min	
Biceps: Standing Hammer Curl	5	5	Explosive	5 min	
Triceps: Cable Pushdown	5	5	Explosive	5 min	
Triceps: Close Grip Bench Press	5	5	Explosive	5 min	
<b>CLIENT'S CHOICE</b>					
Back Extension	2	10	Moderate	60 sec	
<b>COOL-DOWN</b>					
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.