

<b>CLIENT'S NAME:</b> Jane Doe					
<b>GOAL:</b> Sport Performance					
<b>PHASE:</b> 1 Stabilization Endurance Training					
<b>DATE:</b> 4 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
Static Stretch: Calves, Adductors, Tensor Fascia Latae, Lats	1	1	30 sec	0 sec	Hold each stretch for 30 sec
Dynamic Stretch: Leg Swings: Side to Side; Leg Swings: Front to Back; Tube Walking: Side to Side	1	10	Moderate	90 sec	10 reps each leg
<b>ACTIVATION (core &amp; balance)</b>					
Core: Dead Bug	2	16	Slow	0	8 reps each side
Core: Farmer's Carry	2	1	Slow	0	30 feet up and back
Balance: Single-leg Throw and Catch	2	16	Slow	90 sec	8 reps each leg
<b>SKILL DEVELOPMENT (plyometric &amp; SAQ)</b>					
Plyometric: Multiplanar Jump with Stabilization	2	8	Slow	90 sec	Hold landing for 3-5 sec
Cone Drills: 5-10-5 Drill, Box Drill	2	1	Moderate	90 sec	
<b>RESISTANCE TRAINING</b>					
Total-Body: Single-leg Squat, Curl to Overhead Press	3	12	Slow	0	
Chest: Push-Up: Hands on Ball	3	12	Slow	0	
Back: Ball Dumbbell Row	3	12	Slow	0	
Shoulders: Ball Combo II	3	12	Slow	0	
Legs: Single-leg Romanian Deadlift	3	12	Slow	90 sec	
<b>CLIENT'S CHOICE</b>					
Jump Rope	1	1	5 min	90 sec	5 min of jump rope
<b>COOL-DOWN</b>					
Foam Roll: Calves, Adductors, Tensor Fascia Latae, Lats	1	1	30 sec	0 sec	Hold tender spot for 30 sec
Static Stretch: Calves, Adductors, Tensor Fascia Latae, Lats	1	1	30 sec	0 sec	Hold each stretch for 30 sec

**Coaching Tips:** Perform activation and resistance exercises in two mini circuits.