

CLIENT'S NAME: Jane Doe					
GOAL: Sport Performance					
PHASE: 2 Strength Endurance Training					
DATE: 7 of 12					
EXERCISE	SETS	REPS	TEMPO	REST	NOTES
WARM-UP (stretching & cardio)					
Foam Roll: Calves, Adductors, Tensor Fascia Latae, Lats	1	1	30 sec	0 sec	Hold tender spot for 30 sec
Active Stretch: Calves, Adductors, Tensor Fascia Latae, Lats	1	10	1-2 sec	0 sec	Hold each stretch for 1-2 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
ACTIVATION (core & balance)					
Core: Cable Rotation	2	12	Moderate	0	
Core: Back Extension	2	12	Moderate	0	
Balance: Multiplanar Lunge to Balance	2	12	Moderate	60 sec	
SKILL DEVELOPMENT (plyometric & SAQ)					
Plyometric: Repeat Box Jumps	2	8	Repeating	60 sec	
Cone Drills: 5-10-5 Drill, Modified Box Drill, L.E.F.T Drill	2	1	Fast	60 sec	
RESISTANCE TRAINING					
Legs: Multiplanar Lunges	3	8	Moderate	0	
Legs: Multiplanar Step-up to Balance		8	Slow	60 sec	
Chest: Dumbbell Chest Press	3	8	Moderate	0	
Chest: Push-up with Rotation		8	Slow	60 sec	
Back: Bent Over Barbell Row	3	8	Moderate	0	
Back: Ball Dumbbell Row		8	Slow	60 sec	
Shoulders: Standing Dumbbell Lateral Raise	3	8	Moderate	0	
Shoulders: Single-leg Scaption		8	Slow	60 sec	
CLIENT'S CHOICE					
Jump Rope	1	1	Moderate	60 sec	Jump rope for 5 minutes
COOL-DOWN					
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 exercises in a circuit. Resistance training consists of supersets for each body part.