

<b>CLIENT'S NAME:</b>					
<b>GOAL:</b>					
<b>PHASE:</b>					
<b>DATE:</b>					
EXERCISE	SETS	REPS	TEMPO	REST	NOTES
<b>WARM-UP</b>					
<b>ACTIVATION (core &amp; balance)</b>					
<b>SKILL DEVELOPMENT (plyometric &amp; SAQ)</b>					
<b>RESISTANCE TRAINING</b>					
<b>CLIENT'S CHOICE</b>					
<b>COOL-DOWN</b>					

Coaching Tips: