

CLIENT'S NAME:

DATE:

GOAL:

PHASE:

WARM-UP					
Exercise	Sets		Duration		Coaching Tip
CORE/BALANCE/PLYOMETRIC					
Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
SPEED/AGILITY/QUICKNESS					
Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
RESISTANCE					
Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
COOL-DOWN					
Exercise	Sets		Duration		Coaching Tip