

Client Work Out Form

Name: _____ Phase: 2 Integrated Stabilization Training (IST)

Trainer : _____ Days/Week: 2-4 (for 4 weeks)

CARDIO:	Days / wk:		Duration:		Equipment:					
Warm-Up / Flexibility	Sets	Reps	Duration	Rest	Notes:					
1- SMFR:			30 s.		Hold Tender areas for 30 seconds.					
2- Cardio:			5-10 m.		80-85% Max Heart Rate					
3-Flexibility	2-4		20-30 s.							
Core & Balance	Sets	S1-Wt	S2-Wt	S3-Wt	Reps	Tempo	Rest	Notes:		
1-	1-3				10-20	4/2/1	0-90 s	Balance Stabilization		
2-	1-3				10-20	5-10 s.	90 s	Integrated Core		
3-	1-3				10-20	5-10 s.	90 s	Integrated Core		
Reactive (Plyometrics)	Sets	S1-Wt	S2-Wt	S3-Wt	Reps	Tempo	Rest	Notes:		
1-	1-3				5-8	3-5 s.	0-90			
2-	1-3				5-8	3-5 s.	0-90			
3-	1-3				5-8	3-5 s.	0-90			
Speed, Agility & Quickness	Sets	S1-Wt	S2-Wt	S3-Wt	Reps	Tempo	Rest	Notes:		
1-										
2-										
3-										
Strength Exercise	Sets	S1-Wt	S2-Wt	S3-Wt	S4-Wt	S5-Wt	Reps	Intensity	Tempo	Rest
1-	2-3						12-20	60-70%	4/2/1	0-90 s
2-	2-3						12-20	60-70%	4/2/1	0-90 s
3-	2-3						12-20	60-70%	4/2/1	0-90 s
4-	2-3						12-20	60-70%	4/2/1	0-90 s
5-	2-3						12-20	60-70%	4/2/1	0-90 s
6-	2-3						12-20	60-70%	4/2/1	0-90 s
7-	2-3						12-20	60-70%	4/2/1	0-90 s
8-	2-3						12-20	60-70%	4/2/1	0-90 s
9-	2-3						12-20	60-70%	4/2/1	0-90 s
10-	2-3						12-20	60-70%	4/2/1	0-90 s

Cool down/Post Workout Flexibility _____

Stretching (static/SMFR): _____

Notes: Focus on improvement of stabilization strength and postural control
