

Client Work Out Form

Name: _____ Phase: 3 Stabilization Equivalent Training (SET)

Trainer : _____ Days/Week: 3-5 (for 4-6 weeks)

CARDIO:	Days / wk:			Duration:		Equipment:				
Warm-Up / Flexibility	Sets	Reps	Duration	Rest	Notes:					
1- SMFR:			30 s		Hold tender areas for 30 sec.					
2- Cardio:			5-10 m		80-85% Maximal Heart Rate					
3-Flexibility	2-4		20-30 s							
Core & Balance	Sets	S1-Wt	S2-Wt	S3-Wt	Reps	Tempo	Rest	Notes:		
1-	2-3				8-12	3/2/1	0-60	Balance Training		
2-	2-4				8-12	3/2/1	60 s	Core Stabilization		
3-	2-4				8-12	3/2/1	60 s	Core Stabilization		
Reactive (Plyometrics)	Sets	S1-Wt	S2-Wt	S3-Wt	Reps	Tempo	Rest	Notes:		
1-	2-4				8-12	Repeat	0-60			
2-	2-4				8-12	Repeat	0-60			
3-	2-4				8-12	Repeat	0-60			
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-	3-4						8-12	70-80%	2/0/2	0-60 s
2-	3-4						8-12	70-80%	2/0/2	0-60 s
3-	3-4						8-12	70-80%	2/0/2	0-60 s
4-	3-4						8-12	70-80%	2/0/2	0-60 s
5-	3-4						8-12	70-80%	2/0/2	0-60 s
6-	3-4						8-12	70-80%	2/0/2	0-60 s
7-	3-4						8-12	70-80%	2/0/2	0-60 s
8-	3-4						8-12	70-80%	2/0/2	0-60 s
9-	3-4						8-12	70-80%	2/0/2	0-60 s
10-	3-4						8-12	70-80%	2/0/2	0-60 s

Cool down/Post Workout Flexibility _____

Stretching (static/SMFR): _____

Notes: Strength exercise (2/0/2) immediately followed by stability exercise (3/2/1) Focus on improving stabilization strength and endurance during functional movements.
