

Client Work Out Form

Name: _____ Phase: 6 Elastic Equivalent Training (EET)- Power Training

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							
2- Cardio:			5-10 m							
3-Flexibility	2-4		20-30 s							
Core & Balance	Sets	S1-Wt	S2-Wt	S3-Wt	Reps	Tempo	Rest	Notes:		
1-	2-4				8-12	3-5 s	0-90	Balance Power Training		
2-	2-4				8-12	1/1/1	0-90	Core Power Training		
3-	2-4				8-12	1/1/1	0-90	Core Power Training		
Reactive (Plyometrics)	Sets	S1-Wt	S2-Wt	S3-Wt	Reps	Tempo	Rest	Notes:		
1-	2-4				12	Explo	0-90			
2-	2-4				12	Explo	0-90			
3-	2-4				12	Explo	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-	3-5						1-5	85-100 %	x/x/x	1-2 min
2-	3-5						1-5	85-100 %	x/x/x	1-2 min
3-	3-5						1-5	85-100 %	x/x/x	1-2 min
4-	3-5						1-5	85-100 %	x/x/x	1-2 min
5-	3-5						1-5	85-100 %	x/x/x	1-2 min
6-	3-5						1-5	85-100 %	x/x/x	1-2 min
7-	3-5						1-5	85-100 %	x/x/x	1-2 min
8-	3-5						1-5	85-100 %	x/x/x	1-2 min
9-	3-5						1-5	85-100 %	x/x/x	1-2 min
10-	3-5						1-5	85-100 %	x/x/x	1-2 min

Cool down/Post Workout Flexibility _____

Stretching (static/SMFR): _____

Notes: Combine a Strength exercise (1-5 reps) with a biomechanically comparable Power Exercise (8-10 reps)
