

Client Work Out Form

Name: _____ Phase: 7 Maximal Power Training (Speed Training)

Trainer : _____ Days/Week: 1-2 (for 2 weeks)

CARDIO:	Days / wk:		Duration:		Equipment:					
Warm-Up / Flexibility	Sets	Reps	Duration	Rest	Notes:					
1- SMFR:			30 s		Hold tender area for 30 sec.					
2- Cardio:			5-10 m		85-90% Maximal Heart Rate					
3-Flexibility	2-4		20-30 s							
Core & Balance	Sets	S1-Wt	S2-Wt	S3-Wt	Reps	Tempo	Rest	Notes:		
1-	2-4				8-12	3-5 s	0-90	Balance Power Training		
2-	2-4				8-12	x/x/x	0-90	Core Power Training		
3-	2-4				8-12	x/x/x	0-90	Core Power Training		
Reactive (Plyometrics)	Sets	S1-Wt	S2-Wt	S3-Wt	Reps	Tempo	Rest	Notes:		
1-	2-4				12	Expl	0-90			
2-	2-4				12	Expl	0-90			
3-	2-4				12	Expl	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-	4-6						1-5	30-45%	x/x/x	3-5 min
2-	4-6						1-5	30-45%	x/x/x	3-5 min
3-	4-6						1-5	30-45%	x/x/x	3-5 min
4-	4-6						1-5	30-45%	x/x/x	3-5 min
5-	4-6						1-5	30-45%	x/x/x	3-5 min
6-	4-6						1-5	30-45%	x/x/x	3-5 min
7-	4-6						1-5	30-45%	x/x/x	3-5 min
8-	4-6						1-5	30-45%	x/x/x	3-5 min
9-	4-6						1-5	30-45%	x/x/x	3-5 min
10-	4-6						1-5	30-45%	x/x/x	3-5 min

Cool down/Post Workout Flexibility _____

Stretching (static/SMFR): _____

Notes: Developes speed strength through the entire range of motion.
