



Clients Name: _____ Date: _____

Major Emphasis or Physical Limitation(s): _____

Mobility Menu & Correctives: [10:00]				Movement Prep Warm Up: [5:00]								
Strength: [20:00]												
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Theme	SG	ME	SG	NTL	SG	DL	SG	ME	NTL	SG	NTL	DL
Focus	UNL	UNL	BL - TEST	UNL	UNL	UNL	BL	UNL	UNL	UNL	BL - TEST	UNL
Reps	8	14-12-10-12-14	10	12-10-8-10-12	12	6-8-8-8-10	8	20	4-8	10	4-32	8
Sets	5	5	3	5	5	5	4	4	4	4	4	3
Load	Heavy	Mod - Heavy	Super Sets	Mod	Heavy	Drop Sets	Heavy	Super Sets	FBA	Heavy	Grids	Time/Tension
Tot. Vol.	40	62	30	52	60	40	32	80	16-32	40	80+	24
Tempo	2:1	2:1	3:1:1	2:1	2:1	3:2	2:1	2:1	2:2	3:1	2:1	3:1:3
Recovery	As Needed	Ready Go	As Needed	Ready Go	As Needed	As Needed	As Needed	Ready Go	As Needed	As Needed	Ready Go	As Needed
Conditioning: [10:00]				Cool Down Menu: [5:00]								