

SESSION:	CLIENT:	DATE:    /    /20

WARM UP: 1 JOG	2 Dynamic Stretching	REPS: 20	SETS: 4 (can superset all 7)
COOL DOWN: 1 WALK	2 Static Stretching	REST: 30 seconds	

1 e.g. D.B. thrusters	
2 e.g. twist kicks	
3 e.g. jump burpees	
4 e.g. scorpion push ups	
5 e.g. wall sit	
6 e.g. plank	
7 e.g. lunge with twist	

**Comments:** e.g. goal is improve strength and endurance. Looking for a fast finish with a 5 minute plank at the end. Regression options are push ups, step ups and squats.