Exercise Log

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| **NAME:** |
| **GOAL:** |
| **PHASE:** |
| **DATE:** |
| **EXERCISE** | **SETS** | **REPS** | **TEMPO** | **REST** | **NOTES** |
| **WARM-UP** |
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| **ACTIVATION (core & balance)** |
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| **SKILL DEVELOPMENT (plyometric & SAQ)** |
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| **RESISTANCE TRAINING** |
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| **CLIENT’S CHOICE** |
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| **COOL-DOWN** |
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