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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