

Client: \_\_\_\_\_

Age: _____	Gender: _____	Frequency: <u>2-3x a week</u>
Limitations: _____		
Goals: Short Term: <u>Overall conditioning</u>		Long Term: _____
Phase of Training: _____		Initiation Date: 6 weeks

Exercise	Sets	Reps	Wt.
Push-ups	2	15-20	
Forward Lunges	2	15-20	
Medicine Ball Chest Pass	2	10	
Hook Lying Bent Leg Lift	2	20	
Supermans	2	20	
Oblique Crunches	2	20	
Supine Hip Raise (1 leg)	2	12-15	
Tricep Dips	2	12-15	
Lateral Shuffle	2	20 yards	
2 foot ankle hop	2	20	
Power skip (10 each leg)	2	20	
High Knee Carrioca	2	20 yards	
Get up and Sprints	5	10 yards	
Zig Zag Drill	5	20 yards	
Run, Back-pedal, Run	5	40 yards	
Complete each group of exercises continuously for the entire 3 sets before moving to next circuit.			
Only rest 1-2 minutes between the circuits			