

# Resistance Training Session



<b>Client Name</b>	Franklin Roach				
<b>Session notes</b>	Focus on form and technique				
<b>Session Plan</b>					
<b>Warm-up</b>	500 metres on rower Activation/Mobilisation - 10 reps of each Cat/Cow, Thread the Needle, Walk the Dog, Leg Swings, Glute Bridges				
<b>Exercise Order</b>	<b>Sets</b>	<b>Reps</b>	<b>Load</b>	<b>Tempo</b>	<b>Rest</b>
<b>KB Goblet Squat</b>	3	15	8kg	3-1-2-1	1-minute
<b>Low Box Step-Up</b>	2	12	BW	1-1-1-1	1-minute
<b>Incline Push-Up</b>	2	10	BW	2-1-2-1	1-minute
<b>Seated Cable Row</b>	2	15	24kg	2-1-1-1	1-minute
<b>Ab Crunch S' Set</b>	2	10	BW	1-1-1-1	Superset
<b>Reverse Curl S' set</b>	2	10	BW	1-1-1-1	
<b>Cardio Finisher</b>	10-minute brisk walk on the treadmill, 5km p/h, 5-degree incline. Aim to keep HR between 120-130bpm				
<b>Cool down</b>	Full body stretches 30 seconds per stretch				