



**CLIENT INFORMATION:**

Name : Malak  
 Age : 10  
 Goal : Football skills & lose weight  
 Work intensity : moderate  
 Work routine : ( Interval STR+FOOTBALL DRILLS- General Fun Fitness )

**DAY 1 Interval STR+F.DRILLS**

**WARMUP+DYNAMIC 10-15min**

EXERCISE	SET	RIPS/TIME	NOTES
<b>Squats</b>	3	20-25	
<b>One leg hip thrust</b>	3	15 each	
<b>Square cones pass</b>	2	15R-15L	
<b>Knee pushups</b>	3	15	
<b>In&amp;Out Headers</b>	3	2	
<b>Chest swimming drill</b>	3	15	
<b>Criss Cross jump</b>	3	10each	
<b>1vs1 passing</b>	1	3-5min	

**DAY 2 General Fun Fitness (1)**

**WARMUP+DYNAMIC 10-15min**

EXERCISE	SET	RIPS/TIME	NOTES
<b>Rope Jumps Challenge</b>	2	2-3min	
<b>One leg balance Receive-Throw ball</b>	2	2-3MIN	
<b>Bear Crawl</b>	3	2	
<b>React ball catch</b>	2	10	
<b>One leg run</b>	2	2	
<b>Side H.Knees - First time shooting</b>	2	10	
<b>One Goal match</b>	1-2	5min	

**DAY 3****CARDIO**

EXERCISE	SET	RIPS/TIME	NOTES

**DAY 4****CARDIO**

EXERCISE	SET	RIPS/TIME	NOTES

**DAY 5****CARDIO**

EXERCISE	SET	RIPS/TIME	NOTES