

Coach Note

Private Note

Group 1				
BW Seated Pause Box Jump (2 sec)		Load	Reps	Rest
	1	BW	5	60 s ☐
	2	BW	4	60 s ☐
	3	BW	3	60 s ☐
	4	BW	3	60 s ☐
	5	BW	3	60 s ☐

Group 2				
A: BB Back Squat		Load	Reps	Rest
	1	65.0 %	5	180 s ☐
	2	72.5 %	4	180 s ☐
	3	80.0 %	3	180 s ☐
	4	85.0 %	3	180 s ☐
	5	87.5 %	3	180 s ☐
B: Lat Pulldown [Over]		Load	Reps	Rest
	1	55.0 %	12	60 s ☐
	2	55.0 %	12	60 s ☐
	3	57.5 %	12	60 s ☐
	4	60.0 %	12	60 s ☐
	5	62.5 %	12-15	60 s ☐

Group 3				
A: DB Step-up		Load	Reps	Rest
	1	65.0 %	8	90 s ☐
	2	70.0 %	8	90 s ☐
	3	72.5 %	8	90 s ☐
	4	75.0 %	8-10	90 s ☐
B: Cable 45-Degree Row [Over]		Load	Reps	Rest
	1	55.0 %	12	30 s ☐
	2	55.0 %	12	30 s ☐
	3	57.5 %	12	30 s ☐
	4	60.0 %	12	30 s ☐
	5	62.5 %	12-15	30 s ☐

Group 4				
A: Band Pull-Apart		Load	Reps	Rest
	1	Band	15-20	30 s ☐
	2	Band	15-20	30 s ☐
	3	Band	15-20	30 s ☐
B: Band Standing Anti-Rotation		Load	Time	Rest
	1	Band	30-45 s	30 s ☐
	2	Band	30-45 s	30 s ☐
	3	Band	30-45 s	30 s ☐