

Coach Note

Private Note

Group 1					
BB Hang Clean	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	☐

Group 2					
A: BB Bench Press	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: Single-Leg Elevated Hip Extension	Load		Reps	Rest	
	1	BW	10-15	60 s	☐
	2	BW	10-15	60 s	☐
	3	BW	10-15	60 s	☐
	4	BW	10-15	60 s	☐

Group 3					
A: DB Incline Bench Press	Load		Reps	Rest	
	1	70.0 %	6	60 s	☐
	2	70.0 %	6	60 s	☐
	3	75.0 %	6	60 s	☐
	4	75.0 %	6	60 s	☐
	5	77.5 %	6-8	60 s	☐
B: DB Walking RDL	Load		Reps	Rest	
	1	60.0 %	8	90 s	☐
	2	65.0 %	8	90 s	☐
	3	70.0 %	6	90 s	☐
	4	75.0 %	6	90 s	☐
	5	77.5 %	6-8	90 s	☐

Group 4					
A: Plank with Shoulder Touch	Load		Reps	Rest	
	1	BW	15-20	30 s	☐
	2	BW	15-20	30 s	☐
	3	BW	15-20	30 s	☐
B: Flutter Kick	Load		Reps	Rest	
	1	BW	20-30	30 s	☐
	2	BW	20-30	30 s	☐
	3	BW	20-30	30 s	☐