

Coach Note

Private Note

Group 1					
MB Rotational Hip Throw	Load	Reps	Rest		
	1	72.5 %	3	60 s	☐
	2	72.5 %	3	60 s	☐
	3	72.5 %	3	60 s	☐
	4	72.5 %	3	60 s	☐
	5	72.5 %	3	60 s	☐
Group 2					
A: BB Front-Rack Split Squat	Load	Reps	Rest		
	1	65.0 %	5	30 s	☐
	2	72.5 %	4	30 s	☐
	3	80.0 %	3	30 s	☐
	4	85.0 %	3	30 s	☐
	5	87.5 %	3	30 s	☐
B: DB Lat Pullover	Load	Reps	Rest		
	1	57.5 %	10	30 s	☐
	2	60.0 %	10	30 s	☐
	3	65.0 %	10-12	30 s	☐
Group 3					
A: DB Bench Press	Load	Reps	Rest		
	1	67.5 %	6	90 s	☐
	2	67.5 %	6	90 s	☐
	3	67.5 %	6	90 s	☐
	4	72.5 %	6	90 s	☐
	5	72.5 %	6-8	90 s	☐
B: GHD Reverse Hyperextension	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 4					
A: Cable Rotation (high to low)	Load	Reps	Rest		
	1	60.0 %	10	30 s	☐
	2	65.0 %	10	30 s	☐
	3	67.5 %	10-12	30 s	☐
B: MB V-Up	Load	Reps	Rest		
	1	57.5 %	12-15	30 s	☐
	2	57.5 %	12-15	30 s	☐
	3	57.5 %	12-15	30 s	☐