

Coach Note

Private Note

Group 1					
BW Explosive Lateral Step-up	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 70.0 %	4	180 s	☐	
	3 77.5 %	3	180 s	☐	
	4 82.5 %	2	180 s	☐	
	5 90.0 %	1-3	180 s	☐	
B: DB One-Arm Row	Load	Reps	Rest		
	1 70.0 %	6	60 s	☐	
	2 72.5 %	5	60 s	☐	
	3 72.5 %	5	60 s	☐	
	4 80.0 %	4	60 s	☐	
	5 80.0 %	4-6	60 s	☐	
Group 3					
A: DB RFE Split Squat	Load	Reps	Rest		
	1 70.0 %	6	60 s	☐	
	2 72.5 %	5	60 s	☐	
	3 72.5 %	5	60 s	☐	
	4 80.0 %	4	60 s	☐	
	5 80.0 %	4-6	60 s	☐	
B: Pull-up [Under]	Load	Reps	Rest		
	1 BW+	4-8	30 s	☐	
	2 BW+	4-8	30 s	☐	
	3 BW+	4-8	30 s	☐	
Group 4					
A: Band 45-Degree Pull-Apart	Load	Reps	Rest		
	1 BAND	10-20	60 s	☐	
	2 BAND	10-20	60 s	☐	
	3 BAND	10-20	60 s	☐	
B: Band Standing Pallof Press	Load	Reps	Rest		
	1 Band	8-12	30 s	☐	
	2 Band	8-12	30 s	☐	
	3 Band	8-12	30 s	☐	