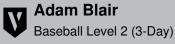
Day 1 - Week of Nov 16th



Coach Note

Private Note

	G	iroup 1		
BW Explosive Lateral Step-up	Load	Reps	Rest	
F 11 1 11 11 11 11 11 11	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	
	G	iroup 2		
A: BB Back Squat	Load	Reps	Rest	
7.1. 22 Buok equal	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	
B. BB One / IIII Flow	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	
	G	iroup 3		
A: DB RFE Split Squat	Load	Reps	Rest	
7.1. 2.2 T.1. 2. Opin oqual	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	
z a ap terraeri	1 BW+	4-8	30 s	
	2 BW+	4-8	30 s	
	3 BW+	4-8	30 s	
	G	iroup 4		
A: Band 45-Degree Pull-Apart	Load	Reps	Rest	
7. Band 40 Bogroo I dii Apart	1 BAND	10-20	60 s	
		10-20	60 s	
	2 BAND	10 20		
	2 BAND 3 BAND	10-20	60 s	
B: Rand Standing Pallof Press				
B: Band Standing Pallof Press	3 BAND	10-20	60 s	
B: Band Standing Pallof Press	3 BAND Load	10-20 Reps	60 s Rest	



This training program contains only recommendations based on the input you, the user (or your coach), provided to Volt. Actual excercises, volumes, and intensities are undertaken in the user's sole discretion and performed at the user's own risk. Volt makes no express or implied warranties regarding Volt program or content. User of Volt's program and content is govenered by the terms of use provided on Volt's website