

Coach Note

Private Note

Group 1					
MB Rotational One-Arm 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	☐

Group 2					
A: BB Front 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: Lat Pulldown [Over]	Load	Reps		Rest	
	1	57.5 %	10	60 s	☐
	2	60.0 %	10	60 s	☐
	3	65.0 %	10	60 s	☐
	4	67.5 %	10-12	60 s	☐

Group 3					
A: DB Incline Bench Press [Parallel]	Load	Reps		Rest	
	1	70.0 %	6	60 s	☐
	2	70.0 %	6	60 s	☐
	3	70.0 %	6	60 s	☐
	4	75.0 %	6	60 s	☐
	5	75.0 %	6-8	60 s	☐
B: SB Leg Curl	Load	Reps		Rest	
	1	BW	6-10	60 s	☐
	2	BW	6-10	60 s	☐
	3	BW	6-10	60 s	☐
	4	BW	6-10	60 s	☐

Group 4					
A: MB Cable Rotation	Load	Reps		Rest	
	1	57.5 %	10	60 s	☐
	2	60.0 %	10	60 s	☐
	3	65.0 %	10	60 s	☐
	4	67.5 %	10-12	60 s	☐
B: Band Alternating Pull-Apart	Load	Reps		Rest	
	1	Band	8-12	30 s	☐
	2	Band	8-12	30 s	☐
	3	Band	8-12	30 s	☐