

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	72.5 %	4	180 s	☐
	3	80.0 %	3	180 s	☐
	4	87.5 %	2	180 s	☐
	5	95.0 %	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	75.0 %	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	75.0 %	5	60 s	☐
	4	80.0 %	4	60 s	☐
	5	80.0 %	4-6	60 s	☐
B: Cable Pull to Face (low to high)		Load	Reps	Rest	
	1	55.0 %	12	30 s	☐
	2	62.5 %	12	30 s	☐
	3	62.5 %	12	30 s	☐
	4	67.5 %	12-15	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	12-15	30 s	☐
	2	Band	12-15	30 s	☐
	3	Band	12-15	30 s	☐