

Coach Note

Private Note

Group 1					
BB Hang Clean	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	☐

Group 2					
A: BB Bench Press	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: SB Pause Hip Extension (2 sec)	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 3					
A: DB High-Incline Bench Press	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: DB Single-Leg RDL	Load	Reps	Rest		
	1	60.0 %	5	60 s	☐
	2	65.0 %	5	60 s	☐
	3	67.5 %	5	60 s	☐
	4	70.0 %	5	60 s	☐
	5	72.5 %	5	60 s	☐

Group 4					
A: Plank Up-Down	Load	Reps	Rest		
	1	BW	8-12	30 s	☐
	2	BW	8-12	30 s	☐
	3	BW	8-12	30 s	☐
B: Supine Leg Raise	Load	Reps	Rest		
	1	BW	6-10	30 s	☐
	2	BW	6-10	30 s	☐
	3	BW	6-10	30 s	☐