



Coach Note

Private Note

Group 1

BB Hang Clean		Load	Reps	Rest	
	1	65.0 %	5	120 s	<input type="checkbox"/>
	2	67.5 %	5	120 s	<input type="checkbox"/>
	3	72.5 %	5	120 s	<input type="checkbox"/>
	4	75.0 %	5	120 s	<input type="checkbox"/>
	5	77.5 %	5	120 s	<input type="checkbox"/>

Group 2

A: BB Bench Press		Load	Reps	Rest	
	1	65.0 %	5	120 s	<input type="checkbox"/>
	2	67.5 %	5	120 s	<input type="checkbox"/>
	3	72.5 %	5	120 s	<input type="checkbox"/>
	4	75.0 %	5	120 s	<input type="checkbox"/>
	5	77.5 %	5	120 s	<input type="checkbox"/>

B: SB Pause Single-Leg Hip Extension (2 sec)		Load	Reps	Rest	
	1	BW	6-10	60 s	<input type="checkbox"/>
	2	BW	6-10	60 s	<input type="checkbox"/>
	3	BW	6-10	60 s	<input type="checkbox"/>
	4	BW	6-10	60 s	<input type="checkbox"/>

Group 3

A: DB Incline Bench Press		Load	Reps	Rest	
	1	60.0 %	8	90 s	<input type="checkbox"/>
	2	60.0 %	8	90 s	<input type="checkbox"/>
	3	65.0 %	8	90 s	<input type="checkbox"/>
	4	65.0 %	8	90 s	<input type="checkbox"/>
	5	65.0 %	8	90 s	<input type="checkbox"/>

B: GHD Pause Back Extension (2 sec)		Load	Reps	Rest	
	1	BW+	6-8	90 s	<input type="checkbox"/>
	2	BW+	6-8	90 s	<input type="checkbox"/>
	3	BW+	6-8	90 s	<input type="checkbox"/>
	4	BW+	6-8	90 s	<input type="checkbox"/>

Group 4

A: Plate Reverse Fly		Load	Reps	Rest	
	1	60.0 %	6	30 s	<input type="checkbox"/>
	2	62.5 %	8	30 s	<input type="checkbox"/>
	3	62.5 %	10	30 s	<input type="checkbox"/>

B: Band Lying External Rotation		Load	Reps	Rest	
	1	Band	8-12	30 s	<input type="checkbox"/>
	2	Band	8-12	30 s	<input type="checkbox"/>
	3	Band	8-12	30 s	<input type="checkbox"/>

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