

Coach Note	Private Note
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Group 1					
MB Over-the-Shoulder Throw (Hip)	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 Deadlift [Alt-Grip]	Load	Reps	Rest		
	1	65.0 %	5	120 s	☐
	2	67.5 %	5	120 s	☐
	3	72.5 %	5	120 s	☐
	4	75.0 %	5	120 s	☐
	5	77.5 %	5	120 s	☐
B: Pull-up [Over]	Load	Reps	Rest		
	1	BW+	4-8	30 s	☐
	2	BW+	4-8	30 s	☐
	3	BW+	4-8	30 s	☐

Group 3					
A: DB Bench Press (alternating)	Load	Reps	Rest		
	1	65.0 %	6	30 s	☐
	2	65.0 %	6	30 s	☐
	3	70.0 %	6	30 s	☐
	4	70.0 %	6-8	30 s	☐
B: BB RDL	Load	Reps	Rest		
	1	55.0 %	8	90 s	☐
	2	60.0 %	8	90 s	☐
	3	65.0 %	6	90 s	☐
	4	65.0 %	6	90 s	☐
	5	67.5 %	6	90 s	☐

Group 4					
A: DB Biceps Curl [Over]	Load	Reps	Rest		
	1	60.0 %	10	30 s	☐
	2	60.0 %	10	30 s	☐
	3	67.5 %	8	30 s	☐
	4	67.5 %	8-10	30 s	☐
B: Band Split-Stance Pallof Press	Load	Reps	Rest		
	1	Band	8-12	30 s	☐
	2	Band	8-12	30 s	☐
	3	Band	8-12	30 s	☐