

Coach Note

Private Note

| Group 1 | | | | | |
|------------------------------------|------|--------|---------|-------|--------------------------|
| DB Goblet Squat Jump | Load | Reps | Rest | | |
| | 1 | 62.5 % | 5 | 30 s | <input type="checkbox"/> |
| | 2 | 67.5 % | 5 | 30 s | <input type="checkbox"/> |
| | 3 | 70.0 % | 5 | 30 s | <input type="checkbox"/> |
| | 4 | 72.5 % | 5 | 30 s | <input type="checkbox"/> |
| | 5 | 75.0 % | 5 | 30 s | <input type="checkbox"/> |
| Group 2 | | | | | |
| A: BB Back Squat | Load | Reps | Rest | | |
| | 1 | 65.0 % | 5 | 120 s | <input type="checkbox"/> |
| | 2 | 70.0 % | 5 | 120 s | <input type="checkbox"/> |
| | 3 | 75.0 % | 5 | 120 s | <input type="checkbox"/> |
| | 4 | 77.5 % | 5 | 120 s | <input type="checkbox"/> |
| | 5 | 80.0 % | 5 | 120 s | <input type="checkbox"/> |
| B: Cable Standing Rope Row | Load | Reps | Rest | | |
| | 1 | 55.0 % | 10 | 30 s | <input type="checkbox"/> |
| | 2 | 57.5 % | 10 | 30 s | <input type="checkbox"/> |
| | 3 | 60.0 % | 10 | 30 s | <input type="checkbox"/> |
| | 4 | 62.5 % | 10 | 30 s | <input type="checkbox"/> |
| | 5 | 65.0 % | 10-15 | 30 s | <input type="checkbox"/> |
| Group 3 | | | | | |
| A: DB 45-Degree Lunge | Load | Reps | Rest | | |
| | 1 | 67.5 % | 6 | 90 s | <input type="checkbox"/> |
| | 2 | 67.5 % | 6 | 90 s | <input type="checkbox"/> |
| | 3 | 67.5 % | 6 | 90 s | <input type="checkbox"/> |
| | 4 | 72.5 % | 6 | 90 s | <input type="checkbox"/> |
| | 5 | 72.5 % | 6-8 | 90 s | <input type="checkbox"/> |
| B: DB Renegade Row | Load | Reps | Rest | | |
| | 1 | 62.5 % | 6 | 30 s | <input type="checkbox"/> |
| | 2 | 65.0 % | 6 | 30 s | <input type="checkbox"/> |
| | 3 | 70.0 % | 6 | 30 s | <input type="checkbox"/> |
| Group 4 | | | | | |
| A: Band Superman Pull-Apart | Load | Reps | Rest | | |
| | 1 | Band | 12-15 | 30 s | <input type="checkbox"/> |
| | 2 | Band | 12-15 | 30 s | <input type="checkbox"/> |
| | 3 | Band | 12-15 | 30 s | <input type="checkbox"/> |
| B: Band Split-Stance Anti-Rotation | Load | Time | Rest | | |
| | 1 | Band | 30-45 s | 30 s | <input type="checkbox"/> |
| | 2 | Band | 30-45 s | 30 s | <input type="checkbox"/> |
| | 3 | Band | 30-45 s | 30 s | <input type="checkbox"/> |