



Coach Note

Private Note

Group 1

BB Hang Clean	Load		Reps	Rest	
	1	65.0 %	5	120 s	☐
	2	70.0 %	5	120 s	☐
	3	75.0 %	5	120 s	☐
	4	77.5 %	5	120 s	☐
	5	80.0 %	5	120 s	☐

Group 2

A: BB Bench Press	Load		Reps	Rest	
	1	65.0 %	5	120 s	☐
	2	70.0 %	5	120 s	☐
	3	75.0 %	5	120 s	☐
	4	77.5 %	5	120 s	☐
	5	80.0 %	5	120 s	☐
B: SB Pause Single-Leg Hip Extension (2 sec)	Load		Reps	Rest	
	1	BW	8-15	60 s	☐
	2	BW	8-15	60 s	☐
	3	BW	8-15	60 s	☐
	4	BW	8-15	60 s	☐

Group 3

A: DB Incline Bench Press	Load		Reps	Rest	
	1	62.5 %	8	90 s	☐
	2	62.5 %	8	90 s	☐
	3	65.0 %	8	90 s	☐
	4	65.0 %	8	90 s	☐
	5	65.0 %	8	90 s	☐
B: GHD Pause Back Extension (2 sec)	Load		Reps	Rest	
	1	BW+	8-10	90 s	☐
	2	BW+	8-10	90 s	☐
	3	BW+	8-10	90 s	☐
	4	BW+	8-10	90 s	☐

Group 4

A: Plate Reverse Fly	Load		Reps	Rest	
	1	60.0 %	8	30 s	☐
	2	60.0 %	10	30 s	☐
	3	62.5 %	12	30 s	☐
B: Band Lying External Rotation	Load		Reps	Rest	
	1	Band	12-15	30 s	☐
	2	Band	12-15	30 s	☐
	3	Band	12-15	30 s	☐

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