

## Power Fit: WS4SBIII Training Log - Week 1

**Monday**      **Max Effort Lower**      **Date** \_\_\_\_\_

Warm Up Activity			Active Recovery	Feedback
Exercise	Weight	Sets & Reps		
<a href="#">1. Trap Bar Deadlift</a> Work up to 5 Rep Max		Record your max here _____	1-2 min	
<a href="#">2. Hamstring Curls (ball or TRX)</a>		3 x 8	1 min	
<a href="#">3. Pogo Jumps</a>		3 x 20 - 1 min rest	1 min	
<a href="#">4. DBell Reverse Lunges</a>		3 x 10 each leg	1 min	
<a href="#">5. KBell Front Squats</a>		3 x 8	1 min	
<a href="#">6. Plank -opposite arm &amp; leg lift</a>		2 sets 30 seconds/side	1 min	
7. STRETCHING!!!		5 minutes		

**Tuesday**      **Max Effort Upper**      **Date** \_\_\_\_\_

Warm Up Activity			Active Recovery	Feedback
Exercise	Weight	Sets & Reps		
1. Bench Press DB or BB – work up to 5 rep max		Record your max here _____	1-2 min	
<a href="#">2A. Alternating Incline DBell Press</a>		2 x Max reps	None	
<a href="#">2B. Dumbbell Rows</a>		3 x 12	1-2 min	
<a href="#">3. YTW shoulders - TRX</a>		3 x 45s	1 min	
<a href="#">4. Front Plate Raises</a>		3 x 12	1 min	
5. Plank - up downs		3 x 12-20 reps	1 min	
6. STRETCHING!!!		5 minutes		

**Wednesday**      **Prehabilitation/Health**      **Date** \_\_\_\_\_

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
<a href="#">Side Lying External Rotation</a>		3 x 8-15/arm	90s	
<a href="#">Banded Terminal Knee extensions (TKE's)</a>	Purple	3 x 12-15/leg	90s	
<a href="#">Shoulder capsule stretch</a>	Black	3 x Full ROM	90s	
<a href="#">Y.T.I - thumbs up add 2.5 lbs/hand (option)</a>		4 x 10s hold	90s	
<a href="#">Plate Pinch - 2 10lb or 3 10lb plates</a>		2 x ALAP	90s	
<a href="#">Cook Hip Lift</a>		4 x 8 / leg	90s	
Finish with Static Stretching and or extra SMR - see bleachers for several options - work on your tightest joints				

**Thursday****Dynamic Lower**

Date \_\_\_\_\_

Warm Up Activity			Active	Feedback
Exercise	Weight	Sets &Reps	Recovery	
1. <a href="#">Pogo Jumps</a>		3 x 30	30-60s	
2. <a href="#">Hurdle Hops</a>		20-40 total reps	30-60s	
3. <a href="#">Front foot elevated Split Squats</a>		3 x 10/leg	30-60s	
4. <a href="#">Swiss Ball Ham Curls - hips elevated</a>		3 x 12	30-60s	
5. <a href="#">Standing Band resisted twists</a>		3 x 12	30-60s	
6. <a href="#">Plank with alternating shoulder touches</a>		4 x 12/shoulder	30-60s	
7. STRETCHING!!!				

**Friday****Repetition Upper**

Date \_\_\_\_\_

Warm Up Activity			Active	Feedback
Exercise	Weight	Sets &Reps	Recovery	
1. <a href="#">Chin Ups Body weight or Gravitron or band</a>		3 sets to failure 2 min rest between sets ____ + ____ + ____ = _____	1-2 min	
2. <a href="#">Renegade Twist Push Ups</a>		3 x 6-10/side	30-60s	
3. <a href="#">Lateral Raises</a>		3 x 10	30-60s	
3b. <a href="#">Iso Hold Dbell Curls</a>		3 x 8 – each arm	30-60s	
4. <a href="#">Rolling Dumbbell press</a>		3 x 10-12	30-60s	
5. <a href="#">Body Hang</a>		1-2 x max time	1-2 min	
7. STRETCHING!!!				

Self Evaluation for the week: Logbook Mark: /10

Mark for the Week: /20 /25

Arrived on time every day	Proper Clothing every day	Completed Full Roll out every day	Completed Full Warm Up every day	Intensity - used the full period effectively	Worked on a program every day	Filled in Logbook every day	TOTAL
1	1	1	1	0 1 2 3	0 1 2	1	/10
<b>Date</b> • recorded the date each day		<b>Weights &amp; Exercises</b> • recorded accurate weights for each exercise		<b>Feedback</b> • provided specific direction for how to make improvements on the next workout (ex. discussion of technique or weight used)		<b>Self-Evaluation</b> • completed for the week • assessed effort, performance, time on task, preparedness	
Done 1	Not Done 0	Done 3	Not Done 2 1 0	Thorough 5 4 3	Incomplete 2 1 0	Done 1	Not Done 0