

# Power Fit: Badass Log Week #2

**Day 1 Upper** Date : \_\_\_\_\_

**Warm Up -**

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. <a href="#">Bench Press</a> : Set 1 ____, 2, ____, 3 ____		75% X 7, 80% X 5, 85% X 3 or more	1-2 min	
2. <a href="#">Flat Dumbbell Press</a> : 2 X Max Reps (choose a weight to hit 20-25 reps set 1)	swalw		1-2 min	
3 A. <a href="#">Seated Overhand Grip Cable Rows</a>		4 x 12	none	
3 B. <a href="#">Cable Triceps Pushdown (Straight Bar)</a>		4 x 12	1-2 min	
4 A. <a href="#">Dumbbell Shrugs</a> (2sec Holds):		3 x 12	none	
5 B. <a href="#">Dumbbell Lateral Raises</a>		3 x 12	1-2 min	
6. <a href="#">Barbell Complex</a> : (deadlights, bent rows, hang cleans, push press, back squat)		3 sets 10 reps per exercise	90s	

**SWALW - same weight as last week**

**Day 2 Lower** Date: \_\_\_\_\_

**Warm Up -**

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. <a href="#">Dumbbell Squat Jumps</a>	10 lbs	4 x 6	30 s	
2. <a href="#">Single Leg Squat</a> or <a href="#">Trap Bar Deadlift</a>		75% X 7, 80% X 5, 85% X 3 or more	2 min	
Set 1 ____, 2, ____, 3 ____:				
3a. <a href="#">Iron Cross Banded Good Mornings</a>	2 bands	3 x 15	None	
3b. <a href="#">Seated Med Ball Twists</a> :		3 x 15/side	1-2 min	
Timed ONE-MILE Run: beat each week and record		4 laps of track		

**Day 3 Prehab** Date : \_\_\_\_\_

**Warm Up -**

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
<a href="#">Cable Ext Rotation with Elbow @ shoulder height</a>		3 x 8/arm	60s	
<a href="#">5 Point Munford Toe Reach</a>	BW	3 x around /set 3 sets/leg	60s	
<a href="#">Blackburns</a>	2.5 or 5	2 rounds 15s/ 4 positions	60s	
<a href="#">Cossack Squats</a>		3 x 8/side	60s	
<a href="#">Hex DBell Hold -</a>		2 x ALAP	90s	
<a href="#">Cook Hip Lift</a>		4 x 8	90s	
<a href="#">Munford Matrix (Use DBells)</a>		3 rounds	2x as long as the set	

Finish with Static Stretching and or extra SMR - see bleachers for several options - work on your tightest joints

**Day 4 Upper Day** **Date:** \_\_\_\_\_

**Warm Up -**

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. <a href="#">Chin-ups (Total reps) - chin up max + 50 % put your foot in the band</a>				
2a. <a href="#">Front Lat Pulldowns (wide Overhand)</a> : 2 x Max Reps (20-25 Reps 1 <sup>st</sup> Set, 10-20 2 <sup>nd</sup> Set)		S1___ S2___	None	
2b. <a href="#">Standing DB Military Press</a> : 2 x Max Reps (15-20 Reps 1 <sup>st</sup> Set, 10-15 2 <sup>nd</sup> Set)		S1___ S2___	1-2 min	
3a. <a href="#">Rolling Tricep Extensions</a>		5 x 8	None	
3b. <a href="#">Hammer curls (both arms at same time)</a>		5 x 8	1-2 min	
4. Static Plank and side plank variations 3 x each		60s & 30s	90s	
2 x Max or 100 push-ups - whichever is less as fast as possible: (Record the time it took you to complete the 100 push-ups)		Time:	varies	

ALAP - As long as possible

**Day 5 Lower** **Date :** \_\_\_\_\_

**Warm Up -**

Warm Up Activity	Weight	Sets & Reps	Rest	Feedback
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>		4 x 12	30-60s	
5. <a href="#">Standing Band Resisted Twists</a>		4 x 12	30-60s	
6. <a href="#">Plank with Alternating Shoulder Touches</a>		4 x 12/shoulder	30-60s	
7. STRETCHING!!!				

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