

# Power Fit: Badass Week #6

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

**Warm Up -**

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. <a href="#">Bench Press</a> : Set 1 _____, 2, _____ 3 _____		72.5% X 8, 77.5% X 6, 82.5% X 4 or more	1-2 min	
2. <a href="#">Flat Dumbbell Press</a> : 2 X Max Reps (20-25)		2 x Max Reps	1-2 min	
3 A. <a href="#">Seated Cable Rows- Double D Ring</a> )		3 x 12	none	
3 B. <a href="#">Lying DB Tricep Extensions</a>		3 x 12	1-2 min	
4 A. <a href="#">Cable Face Pull</a> (2sec Holds)		3 x 12	none	
4 B. <a href="#">Zottman Curls</a>		3 x 12	1-2 min	
5. <a href="#">Dbell Complex</a> : (Front squats, swings, 1 arm curl +press, squat jumps)		3 sets 7,8,9 reps per exercise	60s	
Finish with Static Stretching and or extra Foam rolling - see bleachers for several options - work on your tightest joints				

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

**Warm Up -**

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. <a href="#">Kneeling Jumps</a>	Medball	4 x 5	30s	
2. Squat or <a href="#">Trap Bar Deadlift</a> : Set 1 _____, 2, _____ 3 _____		72.5% X 8, 77.5% X 6, 82.5% X 4 or more	1-2 min	
3a. <a href="#">Supine Hip Thrust (Shoulder &amp; Feet Elevated)</a>		3 x 12	none	
3b. <a href="#">Stability ball plank &amp; feet elevated</a>		3 x 30s	1 min	
4. <a href="#">DBell Reverse Lunge, front foot elevated</a>		2 x 10/leg	0s/side 1 min/set	
5. <a href="#">Tabata Style Jump Rope</a> . 20s on (FAST)10s rest . Repeat 8-10 times		Or run the stairs		
Finish with Static Stretching and or extra Foam rolling - see bleachers for several options - work on your tightest joints				

**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	
10 x 3 or 25 x 2 lb <a href="#">Plate Pinch</a> -		2 x ALAP	60s	
<a href="#">Cook Hip Lift</a>		4 x 8/leg	60s	
<a href="#">Munford Matrix (Use DBells)</a> this is a prehab day keep this light		2 rounds	2x as long as the set	


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

**Warm Up -**

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. <a href="#">Chin-ups (Total reps) - chin up max + 60 % put your foot in the band</a>		Max + 60 %	NA	
2. Rest Pause (3 s eccentric) <a href="#">Front Lat Pulldowns (wide Overhand):</a>		1 set - max reps 3 times in a row with 20s rest	20 s	
3. <a href="#">Standing Modified DBell Arnold Press</a>		3 x 10	1-2 min	
4. <a href="#">Blackburns</a> 4 positions 15s /position		2 sets	1-2 min	
5. <a href="#">Cable Curls</a>		3 x 15	1-2 min	
6. Standing Core Routine - blue signs		1 complete set	1 min	
7. <a href="#">Body Weight complex</a> . Mt. Climbers - 30, Push Ups 20, Groiners 10, Burpees 5		4 sets	60s	

ALAP - As long as possible

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

Warm Up Activity	Weight	Sets & Reps	Active Recovery	Feedback
1. <a href="#">Pogo Jumps</a>		2 x 12 - 30s min rest	30s	
2. <a href="#">Trap Bar Deadlift</a>		3 x 6	60s	
3. <a href="#">Glute Ham Raise</a>		3 x 8	60s	
4. <a href="#">DBell Reverse Lunges</a>		3 x 8/leg	60s	
5. <a href="#">KBell Front Squats</a>		3 x 8	60s	
6. Plank & Mat walk overs		2 x 20 seconds	quick hands	
7. STRETCHING/Foam rolling		5 minutes		


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