

Power Fit: Badass Week #8

Day 1 Upper Date : _____

Warm Up -

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Bench Press : Set 1 ____, 2, ____, 3 ____		77.5% X 6, 82.5% X 4, 90% X 2 or more	1-2 min	
2. Alternating Dumbbell Press		2 x 10/arm	1-2 min	
3 Standing Rope J Pull Downs		4 x 12	none	
4. 3 Way Shoulder Shocker		2 x 10 of each	1-2 min	
5 A. Dumbbell Shrugs		2 x 30s	none	
5 B Alt Hammer Curls		2 x 10/arm	1-2 min	
5. Dbell Complex : (Front squats, swings, unilateral curl+press, squat jumps) Ascending Sets		5 sets 6, 7,8,9,10 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 Prehab Day Date: _____

Warm Up -

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Single Leg Squats with band at 90'	orange	3 x 6/leg	none	
2. Blackburns - 4 positions	2.5 or 5	3 x 15s/position	60s	
3. Side Plank Against Wall with leg lift		3 x 8-10/leg	0s/side 30s /set	
4. Diagonal band Pull Aparts (Thumbs Up)		3 x 20-25	60s	
5. Standing Fwd and Bkwd Leg Swings		3 x 15/leg	60s	
6. 2 Bands elbow back Rotate and Press	red or orange	3 x 12-15	60s	
7. Surfer Burpees & Chinups		7 and down of each	as needed	

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

Day 3 Lower Date : _____

Warm Up -

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Squat or Trap Bar Deadlift :		77.5% X 6, 82.5% X 4, 90% X 2 or more	1-2 min	
2. Split Squat Jumps	BW	3 x 20 seconds	1-2 min	
3a. DBell Reverse Deadlift		3 x 12	none	
3b. Plank shoulder touches		3 x 12/shoulder	1-2 min	
4. Single Leg Speed Skater Squats		2 x 8/leg	1 min	
5. Tabata Style Jump Rope . 20s on (FAST)10s rest . Repeat 12-14 times		or stairs - walk down and run up 8-10 sets	follow template	

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

--	--

--	--

Day 4 Prehab Day		Date: _____		
Warm Up -				
Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Cossack Squats	BW	3 x 8/side	60s	
Push up Walkouts	BW	3 x 8-12	60s	
Regular Band Pull Aparts (Knuckles Up)	orange red black	4 x 20-25	60s	
TRX I, Y, T, W, L	BW	3 x 45 s	60s	
"A "Balance Holds	BW	3 x 10/leg	60s	
Cable Rear Delt Flies		3 x 10/arm	60s	
Stairs walk down and jog up.		6-10 min	NA	
Finish with Static Stretching and or extra SMR - see bleachers for several options - work on your tightest joints				

Day 5 Upper		Date : _____		
--------------------	--	---------------------	--	--

Warm Up -				
------------------	--	--	--	--

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Chin-ups (Total reps) - chin up max + 70% put your foot in the band				
2. Drop Set Front Lat Pulldowns (wide Overhand) (drop 20 lbs after 8 reps then 10 more lbs after 6 reps - no rest)		2 x 8,6, 6	1-2 min	
3A. Seated DB Modified Arnold Press		3 x 8	1-2 min	
3B. Incline DBell Cleans		3 x 10	1-2 min	
4. Barbell Curls		4 x 8	1-2 min	
5. Front and Side Planks with Row		3 x 30s/position	90s	
6. Barbell Push Ups Descending sets 15 down.to 1. Rest as little as possible to complete the number of reps needed.		15, 14,13,12,.....,1	varies	

--

--