

Power Fit: WS4SBIII Training Log - Week 1

Monday **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 _____	2 min	
2A. Alternating Incline DBell Press		2 x Max reps	None	
2B. Dumbbell Rows		3 x 12	1-2 min	
3. YTW shoulders - TRX		3 x 45s	1 min	
4. Front Plate Raises		3 x 12	1 min	
5. TRX Walk out planks		4 sets 8 – 12 reps	1 min	
6. STRETCHING!!!		5 minutes		

Tuesday **Max Effort Lower** **Date** _____

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

Wednesday **Prehabilitation/Health** **Date** _____

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Side Lying External Rotation		3 x 8-15/arm	90s	
Banded Terminal Knee extensions (TKE's)	Purple	3 x 12-15/leg	90s	
Shoulder capsule stretch	Black	3 x Full ROM	90s	
Y.T.I - thumbs up add 2.5 lbs/hand (option)		4 x 10s hold	90s	
Plate Pinch - 2 10lb or 3 10lb plates		2 x ALAP	90s	
Cook Hip Lift		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. Pogo Jumps		3 x 30	30-60s	
2. Hurdle Hops		20-40 total reps	30-60s	
3. Front foot elevated Split Squats		3 x 10/leg	30-60s	
4. Swiss Ball Ham Curls - hips elevated		3 x 12	30-60s	
5. Standing Band resisted twists		3 x 12	30-60s	
6. Plank with alternating shoulder touches		4 x 12/shoulder	30-60s	
7. STRETCHING!!!				

Friday **Repetition Upper** **Date** _____

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

Self Evaluation for the week

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