

Power Fit: WS4SBIII Training Log - Week 6

Monday __

Max Upper

Date _____

Warm Up Activity			Active Recovery	Feedback
Exercise	Weight	Sets & Reps		
1. Dbell Floor Press -(heavy weight)		5 x 6	60-90s	
2A. Alternating Incline DB Press		3 x 10/arm	60-90s	
2B. Dumbbell rows		3 x 8/arm	0s/side 60s/set	
3. Y,T,W with TRX		3 x 30 s	60s	
4. Front Plate Raise		3 x 8	60s	
5. TRX Plank Walk Out		3 sets 8 reps	60s	
6. STRETCHING/Foam rolling		5 minutes		

Tuesday __

Dynamic Lower

Date _____

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

Wednesday

Prehabilitation

Date _____

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Side Lying External Rotation		3 x 8-15/arm	60s	
Banked Terminal Knee Extensions (TKE's)	Purple	3 x 12-15/leg	60s	
Shoulder Capsule Stretch	Black	3 x Full ROM	60s	
Y,T,I: Thumbs up add 2.5lbs/hand (option)		2 x 10s hold	60s	
Plate Pinch		2 x ALAP	60s	
Cook Hip Lift		3 x 8 / leg	60s	

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

Thursday

Rep Upper

Date _____

Warm Up Activity			Active	Feedback
Exercise	Weight	Sets &Reps	Recovery	
1. TRX Atomic Push ups		3 x Max Reps ____+____+____=____	1 min	
2. Tricep Rope Extensions		3 x 12	1 min	
3. Dumbbell Lateral Raises		3 x 12	1 min	
4. Iso Hold DB Curl		3 x 10/arm	1 min	
5. TRX I, Y, T, W		3 x 45s	1 min	
6. Hex DBell Hold		2 sets max time		
7. STRETCHING/Foam rolling				

Friday

Max Lower

Date _____

Warm Up Activity			Active	Feedback
Exercise	Weight	Sets &Reps	Recovery	
1. Pogo Jumps		2 x 20	30-60s	
2. Trap Bar Deadlift		3 x 8	60s	
3. Glute Ham Raise		3 x 8	60s	
4. DBell Reverse Lunges		2 x 10/leg	60s	
5. KBell Front Squats		3 x 8	60s	
6. Plank & Mat walk overs		3 x 30 seconds	quick hands	
7. STRETCHING/Foam rolling				