

Power Fit: Badass Week #10 DELOAD -Sem 2

Day 1 Upper

Date : _____

Warm Up -

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Bench Press: Set 1 _____, 2, _____ 3 _____		50% x 6, 60% x 6, 70 x 6	1-2 min	
2. Push Ups		3 x 20	1-2 min	
3 Seated Cable Neutral Grip Rows		3 x 20	1-2 min	
4. Biceps "21's"		2 sets	1-2 min	
5. "BeZercher" Barbell Complex (<i>Zercher squats, Zercher reverse lunges, curl to press, RDL's, bent rows</i>): 3 *descending sets. Rest 60 seconds between sets. *1st set perform 10 reps each exercise. 2nd set perform 9 reps. 3rd set perform 8 reps.				
Finish with Static Stretching and or extra Foam rolling - see bleachers for several options - work on your tightest joints				

Day 2 Lower Day

Date: _____

Warm Up -

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Kneeling Jumps	BW	3 x 6	30 s	
2. Squat or Deadlift 1. _____ 2. _____		50% x 6, 60% x 6, 70 x 6	<-----	
3. _____				
3a. Swiss Ball Ham Curls	BW	3 x 12-15	none	
3b. Push Up Walkouts		3 x 30 s	1-2 min	
4. Single Leg Speed Skater Squats		3 x 10/leg	0s/side 60s/set	
Timed ONE-MILE Run: beat each week and record		Time: _____	4 laps of track	
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
Cossack Squats	BW	3 x 8/side	60s	
Push Up Walkouts	BW	3 x 8-12	60s	
Dynamic band pull aparts - knuckles up(stand on the band)	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 4 Upper Day

Date: _____

Warm Up -

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Chin-ups		80 % of Max		
2A. Front Lat Pull Downs (Wide Grip)		3 x 12	1-2 min	
2B. Seated DB lateral raises		3 x 12	1-2 min	
3. Blackburns 4 positions, 15s each		2 sets	1 min	
4. Cable Curls		3 x 12	90s	
5. Swiss Ball Plank		3 x 30 s	1 min	
6. Barbell Curls		100 total reps	ALAP	
Finish with Static Stretching and or extra SMR - see bleachers for several options - work on your tightest joints				

Day 5 Lower

Date : _____

Warm Up -

Warm Up Activity	Weight	Sets & Reps	Active Recovery	Feedback
Exercise	Weight	Sets & Reps		
1. Pogo Jumps		3 x 30	60s	
2. Box Jumps - work up to max with athletic stance landing		20 total reps	60s	
3. Glute Ham Raise		3 x 8	60s	
4. KB Hip snaps + band		3 x 8	60s	
5. Cable Half Kneeling Chop		3 x 8/side	60s	
6. Plank with alternating shoulder touches		3 x 8/shoulder	60s	
7. STRETCHING/Foam rolling		5 minutes		

Self Evaluation for the week: Logbook Mark: /10 Mark for the Week: /20 /25

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
Date • recorded the date each day		Weights & Exercises • recorded accurate weights for each exercise		Feedback • provided specific direction for how to make improvements on the next workout (ex. discussion of technique or weight used)		Self-Evaluation • completed for the week • assessed effort, performance, time on task, preparedness	
Done 1	Not Done 0	Done 3	Not Done 2 1 0	Thorough 5 4 3	Incomplete 2 1 0	Done 1	Not Done 0