

## Power Fit: WS4SBIII Training Log - Week 11

**Monday**

**Max Lower**

**Date \_\_\_\_\_**

Warm Up Activity			Active	Feedback
Exercise	Weight	Sets & Reps	Recovery	
1. Pogo Jumps		3 x 20 - 1 min rest	30-60s	
2. Trap Bar Deadlift - 90 % of 1 RM		5x3	60s	
3. Glute Ham Raise		4 x 10	60s	
4. DBell Reverse Lunges		4 x 10 each leg	60s	
5. DBell Front Squats		5 x 8 with 3 second lowering	60s	
6. Plank & Mat walk overs		3 sets 45 seconds	quick hands	
7. STRETCHING/Foam rolling				

**Tuesday**

**Rep Upper**

**Date \_\_\_\_\_**

Warm Up Activity			Active	Feedback
Exercise	Weight	Sets & Reps	Recovery	
1. Chin Ups Body weight or Gravitron		3 x Max reps 1. ____ 2. ____ 3. ____	90s	
2. Dumbbell Push Ups		4 x 12 with 3 second lowering	60s	
3. Lateral Raises		4 x 12 with 3 second lowering	60s	
4. Run the rack Dbell Curls		5-6 x 8 - see below	60s	
5. Tate Press		4 x 10	60s	
6. DBell Complex		3 rounds 8 reps of each	90s	
7. STRETCHING/Foam rolling				

**DBell Complex** Front Squat, Hip Snaps, 1 arm Curl and Press, Jump Squats

**Run the Rack DB curls sample :** 40, 35, 30, 25, 20, 15 no rest as you decrease weight

**Wednesday**

**Prehabilitation**

**Date \_\_\_\_\_**

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Cossack Squats	BW	3 x 8/side	60s	
Standing Core Routine - Blue Sheet	5-10	1 Round	60s	
Resisted band pull aparts - stand on the band	red	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	
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 Recovery	Feedback
Exercise	Weight	Sets & Reps		
1. Pogo Jumps		3 x 30	60s	
2. Box Jumps - work up to max landing in an athletic stance		25 total reps	60s	
3. Glute Ham Raise		5 x 8	60s	
4. Weighted Cossack Squats		4 x 8 / side	60s	
5. Cable Half Kneeling Chop		4 x 8/side	60s	
6. Plank with alternating shoulder touches- weighted vest optional		4 x 12/shoulder	60s	
7. STRETCHING/Foam rolling		5 minutes		

**Friday**

**Max Upper**

**Date \_\_\_\_\_**

Warm Up Activity			Active Recovery	Feedback
Exercise	Weight	Sets & Reps		
1. DBell Bench Press		5 x 6	60s	
2A. Half Kneeling Shoulder Press		4 x 10/arm	None	
2B. Dumbbell Rows		4 x 10/arm	60s	
3. IYTW - TRX		4 x 30 s	60s	
4. Front Plate Raises		4 x 8 with 3 second lowering	60s	
5. TRX Atomic Push Ups		4 x 30 s	60s	
6. 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
<b>Date</b> • recorded the date each day		<b>Weights &amp; Exercises</b> • recorded accurate weights for each exercise		<b>Feedback</b> • provided specific direction for how to make improvements on the next workout (ex. discussion of technique or weight used)		<b>Self-Evaluation</b> • 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