

Power Fit: Badass Week #11-Sem 2

Day 1 **Upper**

Date : _____

Warm Up -

| Exercise | Weight | Sets & Reps | Active Recovery | Feedback |
|--|----------------------------|---|-----------------|----------|
| Bench Press: *If you get 102% with "room to spare", you can add some weight and do another single. | S1 S2 S3 S4 S5 | 80% x 4, 87.5% x 2, 92.5% x 1, 97.5% x 1, *102% x 1 | 1-2 min | |
| 2. DBell FloorPress-palms in | | 2 x Max Reps | 1-2 min | |
| 3 BW Inverted Row | | 2 x Max Reps | 1-2 min | |
| 4. BBell Overhead Shrugs | | 3 x 15 | 1-2 min | |
| 5 Rest Pause Incline DBell Curls | | 3 x Max, 20s rest | none | |
| 6. <u>"BeZercher" Barbell Complex</u> (<i>Zercher squats, Zercher reverse lunges, curl to press, RDL's, bent rows</i>): 4 *descending sets. Rest 60 seconds between sets. *1st set perform 10 reps each exercise. 2nd set perform 9 reps. 3rd set perform 8 reps. 4th set perform 7 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. DB Squat Jumps, holding 10lb. DB's: | 10 | 3x5 | | |
| 2. Squat or Deadlift 1. ____ 2. ____ 3. ____ 4. ____ 5. ____ | | 80% x 4, 87.5% x 2, 92.5% x 1, 97.5% x 1, *102% x 1 | 1-2 min | |
| 3. <u>Single leg supine hip thrust (foot elevated):</u> | | 3 x 10/leg | none | |
| 3b. DB Side Bends | | 3 x 15/side | 1-2 min | |
| 4. Low Box Heel touches | | 2 x 12/leg | 60s | |
| 5. 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 | |
| Skipping | | 5-10 minutes | 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 (total reps) Chin up max + 80% | BW | | | |
| 2A. 1 arm - 3s eccentric Front lat pull downs | | 2 x 12/arm | 1-2 min | |
| 2B Standing DB Side Press | | 2 x 12/arm | 1-2 min | |
| 3. Incline DBell rear delt flies thumbs up | | 3 x 15 | 1-2 min | |
| 4. Eccentric Barbell Cheat Curls- as slow as possible - Quite heavy | | 2 x 5 | 1-2 min | |
| 5. Front and side planks with Row | | 5 x 30s/position | 90s | |
| 6. Barbell Push Ups Descending sets 16 down to 1. Rest as little as possible to complete the number of reps needed. | | 16,15,14,, ...,1 | varies | |
| 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 |
|--|--------|-----------------|-----------------|----------|
| 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 | | 4 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 | | 4 x 12/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 |