

Power Fit: Badass Week #12-Sem 2

Day 1

Upper

Date : _____

Warm Up -

Exercise	Weight	Sets & Reps	Active Recover y	Feedback
Perform 4-5 warm up sets before you go for the rep test regardless of the weight you are using				
*Bench Press: 65, 95, 115, 135, 185 lbs. or 225 lbs. for 1 set of max reps. *If you're going to perform the 135-pound rep test, use this warm-up: Bar x10, 95x5, 115 x 3 135x2, 155x1, (185x1 if strong enough) *If you're going to perform the 225-pound rep test, use this warm-up: Bar x10, 135x5, 185x3, 225x1, 275x1, (315x1 if strong enough)				
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. "BeZercher" Barbell Complex (<i>Zercher squats, Zercher reverse lunges, curl to press, RDL's, bent rows</i>): 5 *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. 5th set 6 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. Low Box Heel Touches		3 x 12/leg	1-2 min	
3. Single leg supine hip thrust (foot elevated):		3 x 10/leg	none	
3b. DB Side Bends		3 x 15/side	1-2 min	
4. Timed 1 Mile Run - beat your time from the previous 3 weeks		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	
Skiping		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
Warm Up -

Date: _____

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Chin-ups - one set times Max Reps	BW	1 set Max Reps		
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		3 x 5	1-2 min	
5. Front and side planks with Row		5 x 30s/position	90s	
6. Push Up Test - regular push ups		1 x Max reps		
Finish with Static Stretching and or extra SMR - see bleachers for several options - work on your tightest joints				

Day 5 Lower

Date : _____

Warm Up -

Exercise	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		3 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. Stairs		Walk down and run up x 6		
8. STRETCHING/Foam rolling		5 minutes		
Finish with Static Stretching and or extra SMR - see bleachers for several options - work on your tightest joints				

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	Thorough 5	Incomplete 4	Done 1	Not Done 0

