

# Power Fit: Badass Log Week #2-Sem 2

## Day 1 Upper Warm Up -

Date : \_\_\_\_\_

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Bench Press: Set 1 _____, 2, _____ 3 _____		75% X 7, 80% X 5, 85% X 3 or more	1-2 min	
2. Flat Dumbbell Press: 2 X Max Reps (choose a weight to hit 20-25 reps set 1)	swalw	Set 1 _____ Set 2 _____	1-2 min	
3 A. Seated Overhand Grip Cable Rows		4 x 12	none	
3 B. Cable Triceps Pushdown (Straight Bar)		4 x 12	1-2 min	
4 A. Dumbbell Shrugs (2sec Holds):		3 x 12	none	
5 B. Dumbbell Lateral Raises:		3 x 12	1-2 min	
6. Barbell Complex: (deadlifts, bent rows, hang cleans, push press, back squat)		3 sets 10 reps per exercise	90s	

**SWALW - same weight as last week**

## Day 2 Lower Warm Up -

Date: \_\_\_\_\_

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Dumbbell Squat Jumps	10 lbs	4 x 6	30 s	
2. Single Leg Squat or Trap Bar Deadlift Set 1 _____, 2, _____ 3 _____:		75% X 7, 80% X 5, 85% X 3 or more	2 min	
3a. Kettle Bell Hip Snaps		3 x 15	None	
3b. Seated Med. Ball Twists:		3 x 15/side	1-2 min	
4. TRX Knee tucks		3-4 x 30 s	60 s	
5. Tabata-style jump rope. 20s on (FAST)10s rest. Repeat 14-16 times				

## Day 3 Prehab Warm Up -

Date : \_\_\_\_\_

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Cable Ext Rotation with Elbow @ shoulder height		3 x 8/arm	60s	
5 Point Munford Toe Reach	BW	3 x around /set 3 sets/ leg	60s	
Blackburns	2.5 or 5	2 rounds 15s/ 4 positions	60s	
Cossack Squats		3 x 8/side	60s	
Hex DBell Hold -		2 x ALAP	90s	
Cook Hip Lift		4 x 8	90s	
Munford Matrix (Use DBells)		3 rounds	2x as long as the set	
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 + 60%				
2a. Front Lat Pulldowns (Wide, overhand): 2 x Max Reps (20-25 Reps 1 <sup>st</sup> Set, 10-20 2 <sup>nd</sup> Set)		S1____ S2____	None	
2b. Standing DB Military Press: 2 x Max Reps (15-20 Reps 1 <sup>st</sup> Set, 10-15 2 <sup>nd</sup> Set)		S1____ S2____	1-2 min	
3a. "Rolling" triceps extensions		5 x 8	None	
3b. Hammer Curls (both arms same time)		5 x 8	1-2 min	
4. Static Plank and side plank variations 3 x each		60s & 30s	90s	
2 x Max or 100 push-ups -whichever is less as fast as possible: (Record the time it took you to complete the 100 push-ups)		Time:	varies	

ALAP - As long as possible

**Day 5 Lower**

Date : \_\_\_\_\_

**Warm Up -**

Warm Up Activity	Weight	Sets &Reps	Rest	Feedback
1. Pogo Jumps		3 x 30	30-60s	
2. Hurdle Hops		20-40 total reps	30-60s	
3. Front foot elevated Split Squats		3 x 10/leg	30-60s	
4. Swiss Ball Ham Curls - hips elevated		4 x 12	30-60s	
5. Standing Band resisted twists		4 x 12	30-60s	
6. Plank with alternating shoulder touches		4 x 12/shoulder	30-60s	
7. STRETCHING!!!				

**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