

# Power Fit: Badass Log    Week #3-Sem 2

## Day 1      Upper Warm Up -

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

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Bench Press: Set 1 _____, 2, _____ 3 _____		77.5% X 6, 82.5% X 4, 90% X 2 or more	1-2 min	
2. Incline Dumbbell Press: 2 X Max Reps (20-25 reps is the target in each set)		Set 1 _____ Set 2 _____	1-2 min	
3 A. 3 Point DBell Rows		4 x 10/arm	none	
3 B. Tricep Rope Press downs		4 x 12	1-2 min	
4 A. Trap Bar or Barbell Shrugs (2sec Holds):		3 x 10	none	
4 B. Incline Rear Delt Flies- pinkies up		3 x 12	1-2 min	
5. Barbell Complex: (deadlifts, bent rows, hang cleans, push press, back squat)		4 sets 10 reps per exercise	90s	

## 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 _____:		77.5% X 6, 82.5% X 4, 90% X 2 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. Alternating Forward Lunge holding DBells		2 x 45 s	1-2 min	
5. Tabata-style jump rope. 20s on (FAST)10s rest. Repeat 16-18 times				

## Day 3      Prehab Warm Up -

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

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Side Lying external rotation		3 x 12-15/arm	90s	
Banded Terminal Knee extensions (TKE's)	Purple	3 x 12-15/leg	90s	
Shoulder capsule stretch	Black	3 x Full ROM	90s	
Y,T,I - thumbs up add 2.5 lbs/hand (option)		4 x 10s hold	90s	
Wrist Roller		3 x length	90s	
Banded step over side leg lifts		3 x 15 / leg	90s	
Stairs walk down and jog up.		6-10 min	NA	
Finish with Static Stretching and or extra Foam rolling - 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 amount.	Target	Time:	varies	

ALAP - As long as possible

## Day 5 Lower

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

### Warm Up -

Exercise	Weight	Sets &Reps	Active Recovery	Feedback
1. Pogo Jumps		3 x 30	30-60s	
2. Hurdle Hops or Box Jumps		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	
6. STRETCHING/Foam rolling				

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