

# Power Fit: Badass Log Week #4-Sem 2

## Day 1 Upper Warm Up -

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

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Bench Press: Set 1 _____, 2, _____ 3 _____		80% x 5, 85% x 3, 95% x 1	1-2 min	
2. Incline Dumbbell Press: 2 X Max Reps (20-25)		Set 1 _____ Set 2 _____	1-2 min	
3 A. 3 Point DBell Rows -	IW	4 x 8/arm	none	
3 B. Tricep Rope Pressdowns	IW	4 x 8	1-2 min	
4 A. Trap Bar or Barbell Shrugs (2sec Holds):	IW	3 x 10	none	
4 B. Incline Rear Delt Flies pinkies up	IW	3 x 10	1-2 min	
6. Barbell Complex: (deadlifts, bent rows, hang cleans, push press, back squat)		4 sets 10 reps per exercise	60s	

**IW - increase Weight**

## Day 2 Lower Warm Up -

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

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Rear Foot Elevated Split Squat Jumps -	5 lbs	5 x 5/leg	10s/side 30s/set	
2. Box Squats or Trap Bar Deadlift: Set 1 _____, 2, _____ 3 _____		80% x 5, 85% x 3, 95% x 1	30 s	
3a. Swiss Ball Hamstring Curls		3 x 15	none	
3b. Plank with Alternating leg and arm lifts:		3 x 45 s	1-2 min	
4. Alternating Forward Lunge holding DBells		2 x 60 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	2.5-8 lbs	3 x 12/arm	90s	
Banded Terminal Knee extensions (TKE's)	Purple	3 x 12-15/leg	90s	
Shoulder capsule stretch	Purple	3 x Full ROM	90s	
Face Down 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 SMR - see bleachers for several options - work on your tightest joints

**Day 4 Upper**  
Warm Up -

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

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Chin-ups (total reps) Chin up max + 70%			as needed	
2a. Front Lat Pulldowns (Neutral grip): 2 x Max Reps (20-25 Reps 1st Set, 10-20 2nd Set)	salw	Set 1 _____ Set 2 _____	None	
2b. Standing DB Military Press: 2 x Max Reps (15-20 Reps 1st Set, 10-15 2nd Set)	salw		1-2 min	
3 1 arm cable Rear delt flies (back is level like a table top.)		4 x 10/arm	1 min	
4. Run the rack DBell Curls 30x8, 25x8, 20x8, etc (5 sets in a row)		5 x 8	None	
5. Stability Ball Plank & feet elevated		3 x 60-90s	60s	
6. Body Weight Complex - 3 x through, rest A -Mt. Climbers x 30, B Push Ups x 20, Groiners x 10, Burpress x 5		3 sets	60s	

ALAP - As long as possible **salw** - same as last week

**Day 5 Lower**

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

Warm Up -

Warm Up Activity	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		4 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. Upright sled walking		4 x 20m	as needed	
8. 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