

## Power Fit: WS4SBIII Training Log - Week 4

*\* Increase weights from last week if you can still get to the total reps!*

**Monday**      **Max Effort Lower**      **Date** \_\_\_\_\_

Warm Up Activity			Active Recovery	Feedback
Exercise	Weight	Sets & Reps		
1. Pogo Jumps	BW	3 x 20 - 1 min rest	1 min	
1. Trap Bar Deadlift Work up to 5 Rep Max	1. 2. 3.	75% x 5, 80% x 5, 85% x 5 or more	1-2 min	
3. Glute Ham Raise		3-4 x 8	1 min	
4. DBell Reverse Lunges		3 x 10 each leg	1 min	
5. DB Front Squats		4 x 8	1 min	
6. Plank -opposite arm & leg lift		2 sets 30 seconds/side	1 min	
7. STRETCHING/Foam rolling		5 minutes		

**Tuesday**      **Repetition Upper**      **Date** \_\_\_\_\_

Warm Up Activity			Active Recovery	Feedback
Exercise	Weight	Sets &Reps	Recovery	
1. Chin Ups Body weight or Gravitron		3 x Max Reps 2 min rest between sets ____ + ____ + ____ = _____	1-2 min	
2. 1/2 kneeling Military Press		4 x 12/arm	30-60s	
3. Lateral Raises		4 x 12	30-60s	
4. Iso Hold Dbell Curls		3 x 8 - / arm	30-60s	
5. Rolling Dumbbell press		3 x 10-12	30-60s	
6. Body Hang		1-2 x max time	1 min	
7. STRETCHING/Foam rolling				

**Wednesday**      **Prehabilitation/Health**      **Date** \_\_\_\_\_

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Side Lying External Rotation		3 x 8-15/arm	60s	
Banded Terminal Knee extensions (TKE's)	Purple	3 x 12-15/leg	60s	
Shoulder capsule stretch	Black	3 x Full ROM	60s	
Y,T,I - thumbs up add 2.5 lbs/hand (option)		4 x 10s hold	60s	
Wrist Roller		3 x Rope	60s	
Cook Hip Lift		4 x 8 / leg	60s	
Finish with Static Stretching and or extra SMR - see bleachers for several options - work on your tightest joints				

**Thursday**      **Dynamic Lower**      **Date** \_\_\_\_\_

Warm Up Activity			Active	Feedback
Exercise	Weight	Sets &Reps	Recovery	
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 or push the Prowler		4 x 20m	as needed	
8. STRETCHING/Foam rolling				

**Friday**      **Max Effort Upper**      **Date** \_\_\_\_\_

Warm Up Activity			Active Recovery	Feedback
Exercise	Weight	Sets & Reps		
1. Bench Press DB or BB – work up to 5 rep max	1. 2. 3.	75% x 5, 80% x 5, 85% x5 or more	2 min	
2A. Alternating Incline DBell Press		2 x Max reps S1 _____ S2 _____	None	
2B. Dumbbell Rows		5 x 6 / arm	1-2 min	
3. YTW shoulders - TRX		3 x 45s	1 min	
4. Front Plate Raises		5 x 8	1 min	
5. TRX Walk out planks		4 sets 8 – 12 reps	1 min	
6. 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
<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

