

Power Fit: WS4SBIII Training Log - Week 5 - Deload

Monday **Deload Lower** **Date** _____

Warm Up Activity			Active Recovery	Feedback
Exercise	Weight	Sets & Reps		
1. Pogo Jumps		2 x 12 - 30s min rest	30s	
2. Trap Bar Deadlift		3 x 6	60s	
3. Glute Ham Raise		3 x 6	60s	
4. DBell Reverse Lunges		3 x 6/leg	60s	
5. KBell Front Squats		3 x 8	60s	
6. Plank & Mat walk overs		2 x 20 seconds	quick hands	
7. STRETCHING/Foam rolling		5 minutes		

Tuesday **Deload Upper** **Date** _____

Warm Up Activity			Active Recovery	Feedback
Exercise	Weight	Sets & Reps	Recovery	
1. TRX Rows		2 x 12	1-2 min	
2. Dumbbell Push Ups		2 x 8	30-60s	
3. Lateral Raises		2 x 8	30-60s	
4. Isohold DBell Curls		2 x 6 – each arm	30-60s	
5. Rolling Dumbbell Tricep press		2 x 8	30-60s	
6. 2 x 25lb plate pinch		2-3 sets of max time	1-2 min	
7. STRETCHING/Foam rolling				

Wednesday **Prehabilitation** **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)		2 x 10s hold	60s	
Plate Pinch		2 x ALAP	60s	
Cook Hip Lift		3 x 8 / leg	60s	
Finish with Static Stretching and or extra SMR - see bleachers for several options - work on your tightest joints				

Thursday**Deload Lower Date _____**

Warm Up Activity			Active	Feedback
Exercise	Weight	Sets &Reps	Recovery	
1. Pogo Jumps		2 x 20	30-60s	
2. Hurdle Hops		15-20 total reps	30-60s	
3. Rear foot elevated Split Squats		2 x 8/leg	30-60s	
4. Swiss Ball Ham Curls - hips elevated		2 x 8	30-60s	
5. Standing Band resisted static holds (kneeling)		2 x 8	30-60s	
6. Plank with alternating shoulder touches		2 x 10/shoulder	30-60s	
7. Upright sled walking		4 x 20m	as needed	
8. STRETCHING/Foam rolling				

Friday**Deload Upper****Date _____**

Warm Up Activity			Active Recovery	Feedback
Exercise	Weight	Sets & Reps		
1. DBell Bench Press -		3 x 6	60-90s	
2A. Half Kneeling DBell Press		3 x 8/arm	none	
2B. Dumbbell Rows		3 x 8/arm	90s	
3. YTW shoulders - TRX		2 x 30 s	90s	
4. Front Plate Raises		3 x 8	60s	
5. TRX Walk out planks		2 sets 8 reps	60s	
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
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 1 0	Thorough 5 4 3	Incomplete 2 1 0	Done 1	Not Done 0