

Power Fit: Badass Deload **Week #5**

Day 1 **Upper**

Date : _____

Warm Up -

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Bench Press: Set 1 _____, 2, _____ 3 _____		50% x 5, 60% x 5, 70%x 5	1-2 min	
2. Flat Dumbbell Press:		3 x 15	1-2 min	
3 Seated Cable Rows		3 x 15	none	
4 DBell Shrugs (2sec Holds):		3 x 10	1-2 min	
5. Barbell Complex: (deadlifts, bent rows, hang cleans, push press, back squat)	Bar only	2 sets 8 reps per exercise	60s	
Stretching and rolling out with the foam roller.				

Day 2 **Lower**

Date: _____

Warm Up -

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. Squat or Trap Bar Deadlift		50% x 5, 60% x 5, 70%x 5	1-2 min	
3a. Kettle Bell Hip Snaps		3 x 10	none	
3b. Seated Med Ball twists		3 x 10/side	1-2 min	
4. 15-20 min of steady state cardio or 1 mile run				
Stretching and rolling out with the foam roller.				

Day 3 **Prehab**

Date : _____

Warm Up -

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Side Lying External Rotation	2.5-8 lbs	3 x 12/arm	60s	
Banded Terminal Knee extensions (TKE's)	Purple	3 x 12-15/leg	60s	
Shoulder capsule stretch	Purple	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 length	60s	
Banded step over side leg lifts		3 x 15 / leg	60s	
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

Date: _____

Warm Up -

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Chin-ups		80 % of Max		
2. Standing DB Military Press		3 x 15	1-2 min	
3. Incline DB rear delt flies, pinkie up		3 x 10	1-2 min	
4. Empty Barbell Curls 100 total reps As fast as possible		1 set	1 min	
5. Stability Ball Plank & feet elevated		3 x 60-90s	90s	
6. Body Weight Complex - 3 x through, rest A -Mt. Climbers x 30, B Push Ups x 20, Groiners x 10, Burpress x 5		2 sets	60s	
Stretching and rolling out with the foam roller.				

Day 5 Lower

Date : _____

Warm Up -

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
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				

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