

Power Fit: Badass Week #6

Day 1 Upper Warm Up -

Date : _____

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Bench Press: Set 1 _____, 2, _____ 3 _____		72.5% X 8, 77.5% X 6, 82.5% X 4 or more	1-2 min	
2. Flat Dumbbell Press: 2 X Max Reps (20-25)		2 x Max Reps	1-2 min	
3 A. Seated Cable Grip Rows(Dble D)		3 x 12	none	
3 B. Lying DB Tricep extensions		3 x 12	1-2 min	
4 A. Cable Face Pull (2sec Holds)		3 x 12	none	
4 B. Zottman Curls		3 x 12	1-2 min	
5. DBell Complex: (Front squats, swings, 1 arm curl +press, squat jumps)		3 sets 7,8,9 reps per exercise	60s	
Finish with Static Stretching and or extra Foam rolling - see bleachers for several options - work on your tightest joints				

Day 2 Lower Warm Up -

Date: _____

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Kneeling Jumps	Medball	4 x 5	30s	
2. Squat or Trap Bar Deadlift: Set 1 _____, 2, _____ 3 _____		72.5% X 8, 77.5% X 6, 82.5% X 4 or more	1-2 min	
3a. Supine Hip Thrust - shoulders + feet elevated		3 x 12	none	
3b. Stability Ball Plank - ball under arms & feet elevated)		3 x 30s	1 min	
4. DBell reverse lunge, front foot elevated		2 x 10/leg	0s/side 1 min/set	
5. Tabata-style jump rope. 20s on (FAST)10s rest . Repeat 8-10 times		Or run the stairs		
Finish with Static Stretching and or extra Foam rolling - see bleachers for several options - work on your tightest joints				

Day 3 Prehab Warm Up -

Date : _____

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Cable Ext Rotation with Elbow @ shoulder height		3 x 8/arm	60s	
5 Point Munford Toe Reach	BW	3 x around /set 3 sets/leg	60s	
Blackburns	2.5 or 5	2 rounds 15s/ 4 positions	60s	
Cossack Squats		3 x 8/side	60s	
10 x 3 or 25 x 2 lb plate pinch-		2 x ALAP	60s	
Cook Hip Left		4 x 8/leg	60s	
Munford Matrix this is a prehab day keep this light		2 rounds	2x as long as the set	
Finish with Static Stretching and or extra Foam rolling - 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 + 60%		Max + 60 %	NA	
2. Rest Pause (3 s eccentric) Front Lat Pulldowns (Wide, overhand):		1 set - max reps 3 times in a row with 20s rest	20 s	
3. Standing Modified DBell Arnold Press		3 x 10	1-2 min	
4. Blackburns 4 positions 15s /position		2 sets	1-2 min	
5. Cable Curls		3 x 15	1-2 min	
6. Standing Core Routine - blue signs		1 complete set	1 min	
7. Body Weight Complex. Mt. Climbers - 30, Push Ups 20, Groiners 10, Burpees 5		4 sets	60s	

ALAP - As long as possible

Day 5 Lower

Date : _____

Warm Up Activity	Weight	Sets & Reps	Active Recovery	Feedback
1. Pogo Jumps		2 x 12 - 30s min rest	30s	
2. Elevated Trap Bar Deadlift Jumps 30% of 1 RM		4 x 6	60s	
3. Glute Ham Raise		3 x 8	60s	
4. DBell Reverse Lunges		3 x 8/leg	60s	
5. DBell Goblet Squats		3 x 8	60s	
6. Plank/Push Up Down		3 x 6-8	60s	
7. 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