

# Power Fit: Badass Week #7

## Day 1      **Upper** Warm Up -

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

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Bench Press: Set 1 _____, 2, _____ 3 _____		75% X 7, 80% X 5, 85% X 3 or more	1-2 min	
2. Off Set, Alternating Med Ball Push Ups: 2 X Max Reps	BW	Set 1 _____ Set 2 _____	1-2 min	
3 A. Seated Cable Rows - Double D ring		3 x 10	none	
3 B. Lying DBell Tri cep Extensions		3 x 10	1-2 min	
4 A. Cable Face Pull (2sec Holds)		3 x 10	none	
4 B Zottman Curls		3 x 10	1-2 min	
5. Dbell Complex: (Front squats, swings, unilateral curl+press, squat jumps) Ascending Sets		4 sets 7,8,9,10 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 Day** Warm Up -

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

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Kneeling Jumps (med Ball or Barbell)		4 x 6	30 s	
2. Squat or Trap Bar Deadlift: S1: _____ S2: _____ S3 : _____		75% X 7, 80% X 5, 85% X 3 or more	1-2 min	
3a. Supine Hip Thrust (shoulders & feet elevated)		3 x 15	none	
3b. Stability Ball Plank (Ball under arms, feet elevated)		3 x 45 sec	1-2 min	
4. DBell Reverse Lunge, front foot elevated 6 inches (small box)		2 x 12/leg	1-2 min	
5. Tabata-style jump rope. 20s on (FAST)10s rest . Repeat 10-12 times		or stairs - walk down and run up 8-10 sets	follow template	
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
Cossack Squats	BW	3 x 8/side	60s	
Push Up Walkouts	BW	3 x 8-12	60s	
Regular band pull aparts - knuckles up	orange red black	4 x 20-25	60s	
TRX I,Y,T,W,L	BW	3 x 45 s	60s	
"A "Balance Holds	BW	3 x 10/leg	60s	
Cable Rear Delt Flies		3 x 10/arm	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 Day**

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

**Warm Up -**

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Chin-ups (total reps) Chin up max + 60%				
2. Rest Pause Front Lat Pulldowns 3s eccentric (Wide, overhand): 3 x Max Reps (20 s rest between each Max set)		1 monster set	20 s	
3. Standing DB Modified Arnold Press		3 x 8	1-2 min	
4. Blackburns 4 positions 20/position		2 sets	1-2 min	
5. Cable Curls		3 x 12	1-2 min	
6. Front and side planks with Row		3 x 30s/position	90s	
7. Body Weight Complex. Mt. Climbers - 30, Push Ups 20, Groiners 10, Burpees 5		5 sets	60s	

**Day 5 Lower Day**

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

**Warm Up -**

Warm Up Activity	Weight	Sets & Reps	Active Recovery	Feedback
1. Pogo Jumps		2 x 12	30s	
2. Elevated Trap Bar Deadlift Jumps 30 - 40 % of 1 RM		6 x 4	30s	
3. Glute Ham Raise		4 x 8	60s	
4. DBell Reverse Lunges		4 x 8/leg	60s	
5. DB Goblet Squats		4 x 8	60s	
6. Plank/Push Up Up Downs		3 x 6-8	60s	
7. Stairs		Walk down and run up every other step x 5		
8. 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