

Power Fit: WS4SBIII Training Log - Week 7

Monday

Max Lower

Date _____

Warm Up Activity			Active	Feedback
Exercise	Weight	Sets &Reps	Recovery	
1. Pogo Jumps		2 x 20	30-60s	
2. Trap Bar Deadlift - 80 % of 1 RM		4 x 6	60s	
3. Glute Ham Raise		4 x 8	60s	
4. DBell Reverse Lunges		3 x 10/leg	60s	
5. DB Front Squats - 3s lowering		4 x 8	60s	
6. Ab Wheel		3-4 x 4-8 reps	60s	
7. STRETCHING/Foam rolling				

Tuesday

Rep Upper

Date _____

Warm Up Activity			Active	Feedback
Exercise	Weight	Sets &Reps	Recovery	
1. TRX Atomic Push Ups		3 x Max Reps ____ + ____ + ____ = ____	1 min	
2. Rope Tricep Extensions		3 x 12	1 min	
3. Lateral Raises		4 x 12	1 min	
4. Run the Rack DB curls		5 x 8	NONE	
5. TRX I,Y,T,W		3 x 45s	1 min	
6. Hex Dumbbell Hold		2 sets max time		
7. STRETCHING/Foam rolling				

Run the Rack DB curls sample : 40, 35, 30, 25, 20 no rest as you decrease weight

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)		4 x 10s hold	60s	
Wrist Roller - KB + Green or Purple		3 x Rope	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

Dynamic Lower

Date _____

Warm Up Activity			Active Recovery	Feedback
Exercise	Weight	Sets & Reps		
1. Pogo Jumps		2 x 12	30s	
2. Trap Bar Deadlift Jumps 30-40% of 1 RM		3 x 6	As needed	
3. Glute Ham Raise		4 x 8	60s	
4. DBell Reverse Lunges		4 x 8/leg	60s	
5. KBell or DB Front Squats		4 x 8	60s	
6. Plank & Mat walk overs		3 x 20 seconds	quick hands	
7. STRETCHING/Foam rolling		5 minutes		

Friday

Max Upper

Date _____

Warm Up Activity			Active Recovery	Feedback
Exercise	Weight	Sets & Reps		
1. DBell Floor Press -(heavy weight)		5 x 5	60-90s	
2A. Alternating Incline DBell Press		4 x 8/arm	60-90s	
2B. Dumbbell Rows		4 x 8/arm	0s/side 60s/set	
3. YTW shoulders - TRX		3 x 30 s	60s	
4. Front Plate Raises		4 x 8	60s	
5. TRX Walk out planks		3 sets 8-10 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