

Power Fit: WS4SBIII Training Log - Week 9

Monday

Max Lower

Date _____

Warm Up Activity			Active	Feedback
Exercise	Weight	Sets &Reps	Recovery	
1. Pogo Jumps		3 x 20 - 1 min rest	30-60s	
2. Trap Bar Deadlift - 85 % of 1 RM		5x5	60s	
3. Glute Ham Raise		3 x 10	60s	
4. DBell Reverse Lunges		3 x 10 each leg	60s	
5. Goblet Squats		4 x 8 with 3 second lowering	60s	
6. TRX Plank/Push Up - Up downs		3 sets 30 seconds	quick hands	
7. STRETCHING/Foam rolling				

Tuesday

Rep Upper

Date _____

Warm Up Activity			Active	Feedback
Exercise	Weight	Sets &Reps	Recovery	
1. Chin Ups Body weight or Gravitron		3 x 8 with 3 second lowering	90s	
2. Dumbbell Push Ups		3 x 12 with 3 second lowering	60s	
3. Lateral Raises		3 x 12 with 3 second lowering	60s	
4. Iso Hold Dbell Curls		3 x 8 – each arm	60s	
5. Rolling DB Tricep press		3 x 10-12	60s	
6. Plate Pinch 2 x 25 or 3 x 10 use 2 hands		3 sets of max time	90s	
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
Cossack Squats	BW	3 x 8/side	60s	
Push Up Walkouts	BW	3 x 8-12	60s	
Resisted band pull aparts - stand on the band	red	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	
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		3 x 30	60s	
2. 12 inch drop down Box Jumps		24 total reps	60s	
3. Glute Ham Raise		3 x 12	60s	
4. Kettle Bell Hip Snaps +Band		3 x 12	60s	
5. Cable Half Kneeling Chop		3 x 12/side	60s	
6. Plank with alternating shoulder touches		3 x 12/shoulder	60s	
7. STRETCHING/Foam rolling		5 minutes		

Friday

Max Upper

Date _____

Warm Up Activity			Active Recovery	Feedback
Exercise	Weight	Sets & Reps		
1. DBell Bench Press		3 x 6	60s	
2A. Half Kneeling Shoulder Press		3 x 10/arm	None	
2B. Dumbbell Rows		3 x 10/arm	60s	
3. IYTW - TRX		2 x 30 s	60s	
4. Front Plate Raises		3 x 8 with 3 second lowering	60s	
5. TRX Knee Tucks - Middle, left and Right		3 sets 8 – 20 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