

Power Fit: Badass Log Week #9 - Sem 2

Day 1 **Upper** **Date :** _____
Warm Up -

Exercise	Weight	Sets & Reps	REST	Feedback
1. Bench Press: Set 1 _____, 2, _____ 3 _____		80% x 5, 85% x 3, 95% x 1 or more	1-2 min	
2. Alternating DBell Press		2 x 12/arm	1-2 min	
3 Standing Rope J Pull downs		4 x 10	1-2 min	
4. 3 Way Shoulder Shocker		2 x 12 of each	1-2 min	
5 A. Timed DBell Shrugs		3 x 30s	none	
5 B Alt Hammer Curls		3 x 8/arm	1-2 min	
6. "BeZercher" Barbell Complex (<i>Zercher squats, Zercher reverse lunges, curl to press, RDL's, bent rows</i>): 3 *descending sets. Rest 60 seconds between sets. *1st set perform 10 reps each exercise. 2nd set perform 9 reps. 3rd set perform 8 reps.				

Day 2 **Lower Day** **Date:** _____
Warm Up -

Exercise	Weight	Sets & Reps	REST	TEMPO	Feedback
1. Squat or Trap Bar Deadlift: Set 1 _____, 2, _____ 3 _____		80% x 5, 85% x 3, 95% x 1 or more	1-2 min		
2. Split Squat Jumps	BW	3 x 30 seconds	1-2 min		
3a. DBell Reverse Deadlift		3 x 10	none		
3b. Plank shoulder touches		3 x 12/shoulder	1-2 min		
4. Single Leg Speed Skater Squats		2 x 10/leg	0s/side 60s/set		
Timed ONE-MILE Run:		Time: _____			

Day 3 **Prehab** **Date :** _____
Warm Up -

Exercise	Weight	Sets & Reps	REST	TEMPO	Feedback
1. Single Leg Squats with band at 90'	orange	3 x 6/leg	90s	3.1.1	
2. Black burns - 4 positions	2.5 or 5	3 x 15s/position	90s	static	
3. Side Plank against wall with leg lift		3 x 8-10/leg	90s	1.1.1	
4. Diagonal Band Pull Aparts - thumbs up		3 x 20-25	90s	1.1.1	
5. Standing Fwd and Bkwd Leg swings		3 x 15/leg	90s	dynamic	
6. Side Lying Shoulder Capsule stretch		2 x 30 s/arm	90s	static	
7. Surfer Burpees & Chinups		10 and down of each	As needed		

Day 4 Upper Day

Date: _____

Warm Up -

Exercise	Weight	Sets & Reps	REST	Feedback
1. Chin-ups (total reps) Chin up max + 70%				
2. Drop Set Lat Pulldowns Wide Overhand (drop 20 lbs after 8 reps then 10 more lbs after 6 reps - no rest)		2 x 8,6,6	1-2 min	
3A. Seated DB Modified Arnold Press		3 x 8	1-2 min	
3B. Incline DBell Cleans		3 x 10	1-2 min	
4. Barbell Curls		5 x 6	1-2 min	
5. Front and side planks with Row		4 x 30s/ position	90s	
6. Barbell Push Ups Descending sets 15 down.to 1. Rest as little as possible to complete the number of reps needed.		15,14, 13,,1	varies	

ALAP - As long as possible

Day 5 Upper Day

Date : _____

Warm Up -

Warm Up Activity	Weight	Sets & Reps	Active Recovery	Feedback
1. Pogo Jumps		3 x 30	60s	
2. Box Jumps - work up to max		20 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		

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