

Daily OPT Programming



Client Name _____ **Date** _____

Professional Name _____

Goal To correct 'low back arches' compensation **Phase** 1

WARM-UP

Exercise	Sets	Duration	Coaching Tips
SMR: quadriceps, lats, gastrocnemius	1	30s	
Static: ball lats, standing hip flexor	1	30s	

CORE/BALANCE/PLYOMETRIC

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
Prone iso-abs	2	15	4/2/1	0s	
Floor prone cobra	2	15	4/2/1	0s	
Lateral tube walking	2	5/leg	Slow	0s	
Squat jump with stabilization	2	5	3s hold	90s	

SPEED/AGILITY/QUICKNESS

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
N/A					

RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
Squat to curl	3	20	4/2/1	0s	65% intensity for all resistance exercises in today's workout
SL alt arm cable chest press	3	10/leg	4/2/1	0s	
SL alt arm cable row	3	10/leg	4/2/1	0s	
SL Scaption	3	10/leg	4/2/1	0s	
SL DB biceps curl	3	10/leg	4/2/1	0s	
SL cable pressdown	3	10/leg	4/2/1	0s	
SL RDL	3	10/leg	4/2/1	30s	

COOL-DOWN

Exercise	Sets	Duration	Coaching Tips
Repeat warm-up			

Coaching Tips: