

Daily OPT Programming

Client Name

Date

Professional Name

Goal Total body

Phase 5

WARM-UP

Exercise	Sets	Duration	Coaching Tips
SMR: gastrocnemius, IT-band, lats	1	30 s	
Dynamic: tube walking, MP lunges, MB lift and chop	1	10 reps	

CORE/BALANCE/PLYOMETRIC

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
Med ball rotation chest pass	2	8	X/X/X	0s	
SL hop with stabilization	2	8	2/0/2	60s	

SPEED/AGILITY/QUICKNESS

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
N/A					

RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
Superset 1: barbell bench press	4	5	X/X/X	0s	90% intensity for strength portion of all resistance supersets.
Superset 1: MB chest pass	4	10	X/X/X	2 min	
S2: seated lat pulldown	4	5	X/X/X	0s	35% intensity for power portion of all resistance supersets.
S2: woodchop throw	4	10	X/X/X	2 min	
S3: standing DB overhead press	4	5	X/X/X	0s	
S3: MB scoop toss	4	10	X/X/X	2 min	
S4: barbell squat	4	5	X/X/X	0s	
S5: squat jump	4	10	X/X/X	2 min	

COOL-DOWN

Exercise	Sets	Duration	Coaching Tips
Repeat warm-up SMR	1	30s	
Static: gastrocnemius, IT-band, lats	1	30s	

Coaching Tips: