

Daily OPT Programming



Client Name

Date

Professional Name

Goal Total body

Phase 2

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
Ball squat, curl to overhead press	2	15	4/2/1	0s	65% intensity for all resistance exercises in today's workout
Ball DB chest press	2	15	4/2/1	0s	
Standing cable row	2	15	4/2/1	0s	
SL DB scaption	2	15	4/2/1	0s	
SL cable curl	2	15	4/2/1	0s	
Supine ball DB triceps extension	2	15	4/2/1	0s	
Step-up to balance	2	15	4/2/1	30s	

COOL-DOWN

Exercise	Sets	Duration	Coaching Tips
Repeat warm-up			

Coaching Tips: