

Daily OPT Programming



Client Name _____ **Date** _____

Professional Name _____

Goal Lean body mass (back, biceps, legs) **Phase** 3

WARM-UP

Exercise	Sets	Duration	Coaching Tips
SMR: gastrocnemius, biceps femoris, lats	1	30s	
Active: gastrocnemius, supine bi fem, ball lats	1	5 reps	

CORE/BALANCE/PLYOMETRIC

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
Ball crunch with rotation	2	12	2/0/2	0s	
Knee ups	2	12	2/0/2	0s	

SPEED/AGILITY/QUICKNESS

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
N/A					

RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
Straight-arm pulldown	3	8	2/0/2	60s	80% intensity for all resistance exercises in today's workout
Standing cable row	3	8	2/0/2	60s	
Standing barbell curl	3	8	2/0/2	60s	
Standing DB alt-arm curl	3	8	2/0/2	60s	
Front squat	3	8	2/0/2	60s	
Standing leg extension	3	8	2/0/2	60s	

COOL-DOWN

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

Coaching Tips: