

# Daily OPT Programming



Client Name

Date

Professional Name

Goal General fitness

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	NA	4/2/1	0s	
Floor prone cobra	2	15	4/2/1	0s	
SL Balance reach	2	5/leg	Slow	0s	
SL hop with stabilization	2	5/leg	3s hold	90s	

## SPEED/AGILITY/QUICKNESS

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
N/A					

## RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
Frontal plane lunge to balance to SL scaption	3	10/leg	4/2/1	0s	55% intensity for all resistance exercises in today's workout
Ball DB chest press	3	20	4/2/1	0s	
SL lat pull downs	3	10/leg	4/2/1	0s	
SL opp arm lateral raise	3	20	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	
Frontal plane KB goblet lunges	3	10/leg	4/2/1	30s	

## COOL-DOWN

Exercise	Sets	Duration	Coaching Tips
Repeat warm-up			

Coaching Tips: