

Daily OPT Programming

Client Name

Date

Professional Name

Goal To correct 'knees move inward' compensation

Phase 1

WARM-UP

Exercise	Sets	Duration	Coaching Tips
SMR: adductors, TFL, IT band	1	30s	
Static: supine biceps fem, standing hip flexor	1	30s	

CORE/BALANCE/PLYOMETRIC

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

SPEED/AGILITY/QUICKNESS

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
N/A					

RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
Squat, curl to OH press w/ band around knees	3	20	4/2/1	0s	50% intensity for all resistance exercises in today's workout
Ball DB chest press w/ band around knees	3	20	4/2/1	0s	
SL 2-arm pulldown	3	10/leg	4/2/1	0s	
SL overhead press	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	
Frontal plane lunge to balance	3	10/leg	4/2/1	30s	

COOL-DOWN

Exercise	Sets	Duration	Coaching Tips
Repeat warm-up			

Coaching Tips: