

# 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
Seated lat pulldown	3	8	2/0/2	60s	75% intensity for all resistance exercises in today's workout
Seated cable row	3	8	2/0/2	60s	
Seated DB curls	3	8	2/0/2	60s	
Standing hammer curls	3	8	2/0/2	60s	
Barbell RDL	3	8	2/0/2	60s	
Barbell squat	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: