

Daily OPT Programming



Client Name

Date

Professional Name

Goal To correct 'feet turn out' compensation

Phase 1

WARM-UP

Exercise	Sets	Duration	Coaching Tips
SMR: gastrocnemius, biceps femoris, lats	1	30s	
Static: gastrocnemius, supine biceps femoris, ball lats	1	30s	

CORE/BALANCE/PLYOMETRIC

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
Floor bridge	2	15	4/2/1	0s	
Floor prone cobra	2	15	4/2/1	0s	
SL balance reach	2	8/leg	4/2/1	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
Walking lunge to balance to curl to OH press	3	20	4/2/1	0s	60% intensity for all resistance exercises in today's workout
Staggered stance chest press	3	10/leg	4/2/1	0s	
SL lat pull	3	10/leg	4/2/1	0s	
SL shoulder 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	
Backward lunge to balance	3	10/leg	4/2/1	30s	

COOL-DOWN

Exercise	Sets	Duration	Coaching Tips
Repeat warm-up			

Coaching Tips: