

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	15	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
Transverse plane lunge to balance to SL scaption	3	10/leg	4/2/1	0s	55% intensity for all resistance exercises in today's workout
Push-ups	3	20	4/2/1	0s	
SL cable row	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 bent over triceps extension	3	10/leg	4/2/1	0s	
SL squat touchdown	3	10/leg	4/2/1	30s	

COOL-DOWN

Exercise	Sets	Duration	Coaching Tips
Repeat warm-up			

Coaching Tips: