

# Daily OPT Programming

Client Name

Date

Professional Name

Goal Total body

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	
SL squat	2	12	2/0/2	0s	
Butt kicks	2	10	Medium	60s	

## SPEED/AGILITY/QUICKNESS

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
N/A					

## RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
Incline DB chest press	3	10	2/0/2	60s	75 % intensity for all resistance exercises in today's workout
Seated lat pulldown	3	10	2/0/2	60s	
DB overhead press	3	10	2/0/2	60s	
Standing barbell curl	3	10	2/0/2	60s	
Triceps kickbacks	3	10	2/0/2	60s	
Barbell squat	3	10	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: