

# Daily OPT Programming

Client Name

Date

Professional Name

Goal Total body

Phase

4

## 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
Floor Crunch	2	10	2/0/2	0s	
Knee-ups with rotation	2	10	2/0/2	0s	
Frontal plane lunge with reach to balance	2	8/leg	2/0/2	0s	
Squat jump	2	5	Medium	60s	

## SPEED/AGILITY/QUICKNESS

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
N/A					

## RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
KB 2-arm squat, curl to overhead press	4	5	X/X/X	3min	85% intensity for all resistance exercises in today's workout
Bench press	4	5	X/X/X	3min	
Seated cable row	4	5	X/X/X	3min	
Standing DB overhead press	4	5	X/X/X	3min	
Barbell front squat	4	5	X/X/X	3min	

## COOL-DOWN

Exercise	Sets	Duration	Coaching Tips
Repeat warm-up SMR	1	30s	
Static: gastrocnemius, biceps femoris, lats	1	30s	

**Coaching Tips:** Feet turn out, excessive forward lean, cardio training homework tomorrow