

Daily OPT Programming



Client Name

Date

Professional Name

Goal

Phase

WARM-UP

Exercise	Sets	Duration	Coaching Tips
SMR: gastrocnemius, IT-band, lats	1	30s	
Active: gastrocnemius, standing hip flexors, lats	1	10 reps	

CORE/BALANCE/PLYOMETRIC

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
Ball crunch	2	10	2/0/2	0s	
Ball back extension	2	10	2/0/2	0s	
Single-leg RDL	2	10/leg	2/0/2	0s	
Squat jump	2	10	Medium	60s	

SPEED/AGILITY/QUICKNESS

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
N/A					

RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
Superset 1: DB chest press	2	12	2/0/2	0s	70% intensity for all resistance exercises in today's workout
Superset 1: push-up	2	12	4/2/1	60s	
S2: seated cable row	2	12	2/0/2	0s	
S2: ball DB row	2	12	4/2/1	60s	
S3: DB overhead press	2	12	2/0/2	0s	
S3: SL DB scaption	2	12	4/2/1	60s	
S4: barbell squat	2	12	2/0/2	0s	
S4: step-up to balance	2	12	4/2/1	60s	

COOL-DOWN

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

Coaching Tips: