

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	2	12	2/0/2	0s	
Reverse crunch	2	12	2/0/2	0s	
SL RDL	2	12	2/0/2	0s	
Squat jump	2	12	Medium	60s	

SPEED/AGILITY/QUICKNESS

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
N/A					

RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
Bench Press	3	10	2/0/2	60s	80% intensity for all resistance exercises in today's workout
Seated lat pulldown	3	10	2/0/2	60s	
Shoulder press machine	3	10	2/0/2	60s	
Standing alt-arm DB curl	3	10	2/0/2	60s	
Cable pressdown	3	10	2/0/2	60s	
Leg press	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: