

Daily OPT Programming

Client Name

Date

Professional Name

Goal Total body

Phase 2

WARM-UP

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

CORE/BALANCE/PLYOMETRIC

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
Ball crunch	2	10	2/0/2	0s	
Back extension	2	10	2/0/2	0s	
Single-leg squat	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: bench press	2	12	2/0/2	0s	70% intensity for all resistance exercises in todays workout
Superset 1: push-up	2	12	4/2/1	60s	
S2: seated lat pulldown	2	12	2/0/2	0s	
S2: ball DB row	2	12	4/2/1	60s	
S3: shoulder press	2	12	2/0/2	0s	
S3: SL scaption	2	12	4/2/1	60s	
S4: leg press	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: