

Daily OPT Programming



Client Name

Date

Professional Name

Goal Lean body mass (chest, shoulders, triceps)

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 | |
| Back extension | 2 | 12 | 2/0/2 | 0s | |
| | | | | | |
| | | | | | |
| | | | | | |

SPEED/AGILITY/QUICKNESS

| Exercise | Sets | Reps | Tempo | Rest | Coaching Tips |
|----------|------|------|-------|------|---------------|
| N/A | | | | | |
| | | | | | |
| | | | | | |
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RESISTANCE

| Exercise | Sets | Reps | Tempo | Rest | Coaching Tips |
|---|------|------|-------|------|---|
| Bench press | 3 | 8 | 2/0/2 | 60s | 80% intensity for all resistance exercises in today's workout |
| Incline DB chest press | 3 | 8 | 2/0/2 | 60s | |
| Seated DB overhead press | 3 | 8 | 2/0/2 | 60s | |
| Seated DB lateral raise | 3 | 8 | 2/0/2 | 60s | |
| Cable pressdown | 3 | 8 | 2/0/2 | 60s | |
| Supine bench barbell triceps extensions | 3 | 8 | 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: