



Team Note

Athlete Note

Group 1

MB Squat Throw	Load	Reps	Rest	
	10 lb	5	90s	<input type="checkbox"/>
	10 lb	4	90s	<input type="checkbox"/>
	10 lb	3	90s	<input type="checkbox"/>
	10 lb	3	90s	<input type="checkbox"/>
	10 lb	3	90s	<input type="checkbox"/>

Group 2

A: DB Front Squat	Load	Reps	Rest	
	25 lb	5	90s	<input type="checkbox"/>
	25 lb	5	90s	<input type="checkbox"/>
	25 lb	5	90s	<input type="checkbox"/>
	25 lb	5	90s	<input type="checkbox"/>
	30 lb	5	90s	<input type="checkbox"/>
B: Cable Pull to Face (low to high)	Load	Reps	Rest	
	55.0 %	8	60s	<input type="checkbox"/>
	60.0 %	8	60s	<input type="checkbox"/>
	62.5 %	8	60s	<input type="checkbox"/>
	65.0 %	8	60s	<input type="checkbox"/>
	65.0 %	8-10	60s	<input type="checkbox"/>

Group 3

A: DB Reverse Lunge	Load	Reps	Rest	
	25 lb	6	120s	<input type="checkbox"/>
	25 lb	6	120s	<input type="checkbox"/>
	25 lb	6	120s	<input type="checkbox"/>
	25 lb	6	120s	<input type="checkbox"/>
	25 lb	6-8	120s	<input type="checkbox"/>
B: Lat Pulldown [Over]	Load	Reps	Rest	
	55.0 %	8	60s	<input type="checkbox"/>
	60.0 %	8	60s	<input type="checkbox"/>
	62.5 %	8	60s	<input type="checkbox"/>
	65.0 %	8	60s	<input type="checkbox"/>
	65.0 %	8-10	60s	<input type="checkbox"/>

Group 4

A: Cable External Rotation	Load	Reps	Rest	
	57.5 %	10	30s	<input type="checkbox"/>
	60.0 %	10	30s	<input type="checkbox"/>
	65.0 %	10-12	30s	<input type="checkbox"/>
B: Front Plank	Time	Rest		
	30-60s	30s	<input type="checkbox"/>	
	30-60s	30s	<input type="checkbox"/>	
	30-60s	30s	<input type="checkbox"/>	
	30-60s	30s	<input type="checkbox"/>	

