

Team Note	Athlete Note
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Group 1

	Load	Reps	Rest		
DB Goblet Squat Jump	1	35 lb	3	60s	<input type="checkbox"/>
	2	35 lb	3	60s	<input type="checkbox"/>
	3	35 lb	3	60s	<input type="checkbox"/>

Group 2

A: DB Goblet Squat	Load	Reps	Rest		
	1	25 lb	8	30s	<input type="checkbox"/>
	2	25 lb	8	30s	<input type="checkbox"/>
B: Pull-up [Over]	Reps	Rest			
	1	3-6	60s	<input type="checkbox"/>	
	2	3-6	60s	<input type="checkbox"/>	
3	3-6	60s	<input type="checkbox"/>		

Group 3

A: DB Lateral Step-up	Load	Reps	Rest		
	1	15 lb	5	60s	<input type="checkbox"/>
	2	15 lb	5	60s	<input type="checkbox"/>
B: DB Reverse Fly	Load	Reps	Rest		
	1	10 lb	8	60s	<input type="checkbox"/>
	2	10 lb	8	60s	<input type="checkbox"/>
3	10 lb	8	60s	<input type="checkbox"/>	

Group 4

A: Plank Up-Down	Reps	Rest		
	1	8-12	60s	<input type="checkbox"/>
	2	8-12	60s	<input type="checkbox"/>
B: Side-Lying Hip Abduction	Reps	Rest		
	1	10	30s	<input type="checkbox"/>
	2	10	30s	<input type="checkbox"/>
3	10	30s	<input type="checkbox"/>	