



Team Note

Athlete Note

Group 1

BW Squat Box Jump	Reps		Rest	
	1	5	90s	<input type="checkbox"/>
2	5	90s	<input type="checkbox"/>	
3	5	90s	<input type="checkbox"/>	
4	5	90s	<input type="checkbox"/>	

Group 2

A: BB RDL	Load	Reps	Rest	
	1	70 lb	8	90s
2	80 lb	8	90s	<input type="checkbox"/>
3	85 lb	6	90s	<input type="checkbox"/>
4	85 lb	6	90s	<input type="checkbox"/>
5	90 lb	6	90s	<input type="checkbox"/>

  

B: Tempo Supine Row [Over] (5 sec down)	Reps		Rest	
	1	6-8	60s	<input type="checkbox"/>
2	6-8	60s	<input type="checkbox"/>	
3	6-8	60s	<input type="checkbox"/>	
4	6-8	60s	<input type="checkbox"/>	

Group 3

A: Decline Push-up	Reps		Rest	
	1	6-10	60s	<input type="checkbox"/>
2	6-10	60s	<input type="checkbox"/>	
3	6-10	60s	<input type="checkbox"/>	
4	6-10	60s	<input type="checkbox"/>	

  

B: Superman	Reps		Rest	
	1	10-15	30s	<input type="checkbox"/>
2	10-15	30s	<input type="checkbox"/>	
3	10-15	30s	<input type="checkbox"/>	
4	10-15	30s	<input type="checkbox"/>	

Group 4

A: DB Biceps Curl [Over]	Load	Reps	Rest	
	1	5 lb	10	30s
2	5 lb	10	30s	<input type="checkbox"/>
3	5 lb	8	30s	<input type="checkbox"/>
4	5 lb	8-10	30s	<input type="checkbox"/>

  

B: Band Tiger Walk	Reps		Rest	
	1	8-12	30s	<input type="checkbox"/>
2	8-12	30s	<input type="checkbox"/>	
3	8-12	30s	<input type="checkbox"/>	

