

		Date:						Goals:	
	Warm Up								

Order	Exercise	Week	Reps	Sets	Tempo	Rest (s)	Reps/ Set					Weight/ Set							
							1	2	3	4	5	1	2	3	4	5			
A1		1	6-8 per	3-4	4-1-1-1	X													
		2	6-8 per	3-4	4-1-1-1	X													
		3	6-8 per	3-4	4-1-1-1	X													
		4	6-8 per	3-4	4-1-1-1	X													
A2		1	6-8	3-4	4-1-1-1	60-90													
		2	6-8	3-4	4-1-1-1	60-90													
		3	6-8	3-4	4-1-1-1	60-90													
		4	6-8	3-4	4-1-1-1	60-90													
A3		1	12-15	3-4		X													
		2	12-15	3-4		X													
		3	12-15	3-4		X													
		4	12-15	3-4		X													

Order	Exercise	Week	Reps	Sets	Tempo	Rest (s)	Reps/ Set					Weight/ Set				
							1	2	3	4	5	1	2	3	4	5
B1		1	6-8	3-4	4 - 1 - 1 - 1	60-90										
		2	6-8	3-4	4 - 1 - 1 - 1	60-90										
		3	6-8	3-4	4 - 1 - 1 - 1	60-90										
		4	6-8	3-4	4 - 1 - 1 - 1	60-90										
B2		1	6-8	3-4	4 - 1 - 1 - 1	60-90										
		2	6-8	3-4	4 - 1 - 1 - 1	60-90										
		3	6-8	3-4	4 - 1 - 1 - 1	60-90										
		4	6-8	3-4	4 - 1 - 1 - 1	60-90										
B3		1	12-15	3-4		60-90										
		2	12-15	3-4		60-90										
		3	12-15	3-4		60-90										
		4	12-15	3-4		60-90										
C1		1	12-15 per	3		60-90										
		2	12-15 per	3		60-90										
		3	12-15 per	3		60-90										
		4	12-15 per	3		60-90										
	Cool Down															