



Optimum Performance Training™

NAME

DATE

TRAINER

PHASE: 4- Muscular Development

DAYS/WEEK: DAYS 1 and 3

GOAL

CARDIO TRAINING: OPTIONAL	TIME:	EQUIPMENT:
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WARMUP/FLEXIBILITY	Sets	Reps	Duration	Rest	Notes
1. SMFR: Calves, IT-Band, Adductors	1				Hold tender spots 20-30 sec.
2. Cardio: Elliptical Trainer			5 min		
3. Active Stretching: Calves, Hip Flexors, Lats	1	5-10	2-4 sec. hold		
4.					

CORE & BALANCE	Sets	Reps	Tempo	Rest	Notes
1. Reverse Crunch	2-4	8-12	3-2-1	60 sec	
2. Ball Crunch w/ Rotation	2-4	8-12	3-2-1	60 sec	
3.					
4.					
5.					

REACTIVE	Sets	Reps	Tempo	Rest	Notes
1. Optional					
2.					

SPEED, AGILITY, QUICKNESS	Sets	Reps	Tempo	Rest	Notes
1. Optional					
2.					

STRENGTH	Exercises	Sets	Reps	Intensity	Tempo	Rest	Notes
TOTAL BODY	Optional						
CHEST	1) Barbell Bench Press 2) Incline Dumbbell Chest Press	3-5	6-12	75-85%	3-2-1	60 sec	
BACK							
SHOULDERS	1) Dumbbell Shoulder Press 2) Shoulder Press Machine	3-5	6-12	75-85%	3-2-1	60 sec	
BICEPS							
TRICEPS	1) Cable Pushdown 2) Supine Bench Dumbbell Tricep Extension	3-5	6-12	75-85%	3-2-1	60 sec	
LEGS							

COOL DOWN:

POST-WORKOUT FLEXIBILITY:

Static Stretching: Calves, Adductors, Hip Flexors, Pectorals

