



Optimum Performance Training™

NAME

DATE

TRAINER

PHASE: 4- Muscular Development

DAYS/WEEK: DAYS 2 and 4

GOAL

CARDIO TRAINING: OPTINAL	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. Ball Bridge	2-4	8-12	3-2-1	60 sec	
2. Back Extension	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							
BACK	1) Lat Pulldown 2) Seated Cable Row	3-5	6-12	75-85%	3-2-1	60 sec	
SHOULDERS							
BICEPS	1) Standing Barbell Curl 2) Bicep Curl Machine	3-5	6-12	75-85%	3-2-1	60 sec	
TRICEPS							
LEGS	1) Barbell Squat 2) Dumbbell Lunge	3-5	6-12	75-85%	3-2-1	60 sec	

COOL DOWN:

POST-WORKOUT FLEXIBILITY:

Static Stretching: Calves, Adductors, Hip Flexors, Pectorals

