ELITE PERFORMANCE SERIES

Strength & Power Training

Workout Detail Sheet

Athlete Name: | Age: | Program Name: 14's UPPER BODY WORKOUT | Program Dates:

Sessions Per Week: 2-3 TIMES PER WEEK | Program Goals & Comments:

Training Phase:

Warm-up Activity: WARM UP | Length: | Comments:

Cool Down Activity: PEPPER | Length: | Comments:

Main Exercises:

		Set 1		Set 2		Set 3		Set 4		Set 5		Recovery Between			
Exercise Name	Session	Reps	Load	Reps	Load	Reps	Load	Reps	Load	Reps	Load	Timing	Sets	Exercises	Comments
SIT UPS		50													
BACK EXTENSIONS		50													
RIGHT ARM BANDS		30													
LEFT ARM BANDS		30													
CALF RAISES		50													
JUMP SQUATS		30													
WORKOUT															
PULL UP HANG		30sec		30sec											
OVERHEAD CURL		30	20	30	20										
BENCH PRESS		10	45	10	45										
OVERHEAD PLATE HOLD		1min	25	1min	25										
PUSH UPS		5		5											
SIT UP PARTNER BALL TOSS		25													
ROCKY'S		10													

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ELITE PERFORMANCE SERIES

Strength & Power Training Workout Recording Sheet

Athlete Name: | Age: | Program Name: 14's UPPER BODY WORKOUT | Program Dates:

Sessions Per Week: 2-3 TIMES PER WEEK | Program Goals & Comments:

Training Phase:

Warm-up Activity: WARM UP | Length: | Comments:

Cool Down Activity: PEPPER | Length: | Comments:

Main Exercises:		Set 1		Set 2		Set 3		Set 4		Set 5			Recovery Between	
Exercise Name	Session	Reps	Load	Reps	Load	Reps	Load	Reps	Load	Reps	Load	Timing	Sets	Exercises	Comments
SIT UPS															
BACK EXTENSIONS															
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PUSH UPS															
SIT UP PARTNER BALL TOSS															
ROCKY'S															

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