ELITE PERFORMANCE SERIES

Strength & Power Training

Workout Detail Sheet

Athlete Name: | Age: | Program Name: 15's & 16's UPPER BODY WORKOUT | Program Dates:

Sessions Per Week: 2 TIMES PER WEEK | Program Goals & Comments: COMPLETE WORKOUT IN 30 MINUTES!!

Training Phase:

Warm-up Activity: JUMP ROPE | Length: 10 MIN | 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
Chin-Up Hold		45sec		45sec		45sec									hold for 45 seconds
Triceps Extensions		20	40	20	40	20	40								increase weight as needed
Bench Press		20	45	20	45	20	45								reg bar=45#--sissy bar=25#
Push-Ups		10		10		10									touch nose to floor
Sit-Ups		50		50		50									hands behind head
Hanging Knee Raises		25		25		25									bring knees to 90 degrees

©USSA Snowboard Association. All Rights Reserved.

ELITE PERFORMANCE SERIES

Strength & Power Training Workout Recording Sheet

Athlete Name: | Age: | Program Name: 15's & 16's UPPER BODY WORKOUT | Program Dates:

Sessions Per Week: 2 TIMES PER WEEK | Program Goals & Comments: COMPLETE WORKOUT IN 30 MINUTES!!

Training Phase:

Warm-up Activity: JUMP ROPE | Length: 10 MIN | 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
Chin-Up Hold															
Triceps Extensions															
Bench Press															
Push-Ups															
Sit-Ups															
Hanging Knee Raises															

©