LIVE STRONG COMP TEST

Keep Track of your progress. Use a 3 Ring Binder to save your Strength sheets.
Goal: Go up in weight with same amount or more reps

DOP DOUBLE OPS FUNCTIONAL TRAINING

WEEK ____/____/____ to ____/____/____ **NAME** _____

GOALS _____

Performance

DAYS: _____

Movements	SETS	REPS	WEIGHT	Height/DIST	TIME	Date
Box Jumps					1 Minute	
Burpees					1 Minute	
Bench Hops					1 Minute	
Thai Kicks					1 Minute	
Broad Jump					1 Minute	
Ice Skaters					1 Minute	

CORE BODY - STRENGTH TRAINING

DAYS: _____

Movements	SETS	REPS	WEIGHT	1RM*	TIME	Date
Plank Shoulder Touches					1 Minute	
Leg Lifts from Bench					1 Minute	
Knee Tucks with Swiss Ball					1 Minute	
Sit Ups					1 Minute	

UPPER BODY - STRENGTH TRAINING

DAYS: _____

Movements	SETS	REPS	WEIGHT	1RM*	TIME	Date
Push Ups					1 Minute	
Pull Ups					1 Minute	
TRX Inverted Row					1 Minute	
Barbell Curls					1 Minute	
Barbell Chest Press					1 Minute	
Dips from Box					1 Minute	
Flys					1 Minute	
Single Arm Row					1 Minute	

LOWER BODY - STRENGTH TRAINING

DAYS: _____

Movements	SETS	REPS	WEIGHT	1RM*	TIME	Date
Barbell Squat					1 Minute	
Dead Lift					1 Minute	
KB Swing					1 Minute	
Reverse Lunge to KB Swing					1 Minute	

Upper and Lower Body Performance Movments:

DAYS: _____

ACTIVITY	SETS	REPS	WEIGHT	1RM*	TIME	Date
Sand Bag Clean					1 Minute	
Single Arm or BB Jerk Press					1 Minute	
Single arm DB Snatch					1 Minute	

Complete 1 Sets of each. Go for 1 minute & try to hit 20 Reps or more in each set.

OR (* 1 Rep Max = 1RM - Current Max (for reference)

** **Intensity**: easy/medium/hard

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