Apex Performance

Sample Prescription Program

Name of Client	
Name of the Instructor/Trainer	
Program start date	

Client's Information	
Age	
Gender	
Height (Feet)	
Height (Inches)	
Weight (Pounds)	
Chest (Inches)	
Waist (inches)	
Body Fat	
Target Body Fat	
BMI	
Target BMI	

Notes
Week 1-2: Day 3 & 7 are rest days

Week 1-2; Day 1,4,6
Sport Performance

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Side Hop	4	-	1 min interval	90%	2min
Double Leg Hop	4	-	1 min interval	90%	2min
Lateral Bound	4	-	1 min interval	90%	2min
Single Leg Bound	4	-	1 min interval	90%	2min
Rocket Jump	4	-	1 min interval	90%	2min
Power Skipping	4	-	1 min interval	90%	2min
Ladder Steps	4	-	1 min interval	90%	2min

Week 1-2; Day 2
Upper Power

Exercises	Sets	Reps	1RM/Wt/Time	%HRR	Rest
Power Clean	4	6	80%	-	3min
Seated Row	4	6	80%	-	3min
Snatch	4	6	80%	-	3min
Pull-up	4	6	80%	-	3min
Biceps Curl to Shoulder Press	4	6	80%	-	3min
Med. Ball Chest Pass	4	6	80%	-	3min
Med. Ball Overhead Pass	4	6	80%	-	3min
Neck Xtension (Prevention)	4	6	80%	-	3min

Apex Performance

Client's Information	
Age	
Gender	
Height (Feet)	
Height (Inches)	
Weight (Pounds)	
Chest (Inches)	
Waist (inches)	
Body Fat	
Target Body Fat	
BMI	
Target BMI	

Notes
Week 1-2: Day 3 & 7 are rest days

Week 1-2; Day 5
Lower Power

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Squats	4	6	80%/ 1 min interval	-	3-5min
Barbell Lunge	4	6	80%/ 1 min interval	-	3-5min
Deadlift	4	6	80%/ 1 min interval	-	3-5min
Barbell Step Ups	4	6	80%/ 1 min interval	-	3-5min
Depth Jump Leap	4	6	80%/ 1 min interval	-	3-5min
Barbell Ab Rollout	4	10	Body Wt	-	3-5min
Air Bicycles	4	-	Body Wt/ 30sec Interv.	-	3-5min

Apex Performance

Client's Information	
Age	
Gender	
Height (Feet)	
Height (Inches)	
Weight (Pounds)	
Chest (Inches)	
Waist (inches)	
Body Fat	
Target Body Fat	
BMI	
Target BMI	

Notes
Week 3: Day 3 & 7 are rest days

Week 3; Day 1,4,6
Sport Performance

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Side Hop	5	-	1 min interval	90%	2min
Double Leg Hop	5	-	1 min interval	90%	2min
Lateral Bound	5	-	1 min interval	90%	2min
Single Leg Bound	5	-	1 min interval	90%	2min
Rocket Jump	5	-	1 min interval	90%	2min
Power Skipping	5	-	1 min interval	90%	2min
Ladder Steps	5	-	1 min interval	90%	2min

Week 3; Day 2
Upper Power

Exercises	Sets	Reps	1RM/Wt/Time	%HRR	Rest
Power Clean	4	6	85%	-	3min
Seated Row	4	6	85%	-	3min
Snatch	4	6	85%	-	3min
Pull-up	4	6	85%	-	3min
Biceps Curl to Shoulder Press	4	6	85%	-	3min
Med. Ball Chest Pass	4	6	85%	-	3min
Med. Ball Overhead Pass	4	6	85%	-	3min
Neck Xtension (Prevention)	4	6	85%	-	3min

Week 3; Day 5
Lower Power

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Squats	4	6	85%/ 1 min interval	-	3-5min
Barbell Lunge	4	6	85%/ 1 min interval	-	3-5min
Deadlift	4	6	85%/ 1 min interval	-	3-5min
Barbell Step Ups	4	6	85%/ 1 min interval	-	3-5min
Depth Jump Leap	4	6	85%/ 1 min interval	-	3-5min
Barbell Ab Rollout	4	10	Body Wt	-	30-60sec
Air Bicycles	4	-	Body Wt/ 30sec Interv.	-	30-60sec

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Client's Information	
Age	
Gender	
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Weight (Pounds)	
Chest (Inches)	
Waist (inches)	
Body Fat	
Target Body Fat	
BMI	
Target BMI	

Notes
Week 4: Day 3 & 7 are rest days

Week 4; Day 1,4,6
Sport Performance

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Side Hop	5	-	1 min interval	90%	1min
Double Leg Hop	5	-	1 min interval	90%	1min
Lateral Bound	5	-	1 min interval	90%	1min
Single Leg Bound	5	-	1 min interval	90%	1min
Rocket Jump	5	-	1 min interval	90%	1min
Power Skipping	5	-	1 min interval	90%	1min
Ladder Steps	5	-	1 min interval	90%	1min

Week 4; Day 2
Upper Power

Exercises	Sets	Reps	1RM/Wt/Time	%HRR	Rest
Power Clean	4	6	90%	-	3min
Seated Row	4	6	90%	-	3min
Snatch	4	6	90%	-	3min
Pull-up	4	6	90%	-	3min
Biceps Curl to Shoulder Press	4	6	90%	-	3min
Med. Ball Chest Pass	4	6	90%	-	3min
Med. Ball Overhead Pass	4	6	90%	-	3min
Neck Xtension (Prevention)	4	6	90%	-	3min

Week 4; Day 5
Lower Power

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Squats	4	6	90%/ 1 min interval	-	4min
Barbell Lunge	4	6	90%/ 1 min interval	-	4min
Deadlift	4	6	90%/ 1 min interval	-	4min
Barbell Step Ups	4	6	90%/ 1 min interval	-	4min
Depth Jump Leap	4	6	90%/ 1 min interval	-	4min
Barbell Ab Rollout	4	10	Body Wt	-	30-60sec
Air Bicycles	4	-	Body Wt/ 1min Interv.	-	30-60sec

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Target Body Fat	
BMI	
Target BMI	

Notes
Week 4: Day 3 & 7 are rest days

Week 4; Day 1,4,6
Sport Performance

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Side Hop	5	-	1 min interval	90%	1min
Double Leg Hop	5	-	1 min interval	90%	1min
Lateral Bound	5	-	1 min interval	90%	1min
Single Leg Bound	5	-	1 min interval	90%	1min
Rocket Jump	5	-	1 min interval	90%	1min
Power Skipping	5	-	1 min interval	90%	1min
Ladder Steps	5	-	1 min interval	90%	1min

Week 4; Day 2
Upper Power

Exercises	Sets	Reps	1RM/Wt/Time	%HRR	Rest
Power Clean	4	6	90%	-	3min
Seated Row	4	6	90%	-	3min
Snatch	4	6	90%	-	3min
Pull-up	4	6	90%	-	3min
Biceps Curl to Shoulder Press	4	6	90%	-	3min
Med. Ball Chest Pass	4	6	90%	-	3min
Med. Ball Overhead Pass	4	6	90%	-	3min
Neck Xtension (Prevention)	4	6	90%	-	3min

Week 4; Day 5
Lower Power

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Squats	4	6	90%/ 1 min interval	-	3-5min
Barbell Lunge	4	6	90%/ 1 min interval	-	3-5min
Deadlift	4	6	90%/ 1 min interval	-	3-5min
Barbell Step Ups	4	6	90%/ 1 min interval	-	3-5min
Depth Jump Leap	4	6	90%/ 1 min interval	-	3-5min
Barbell Ab Rollout	4	10	Body Wt	-	3-5min
Air Bicycles	4	-	Body Wt/ 30sec Interv.	-	3-5min

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Client's Information	
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Height (Feet)	
Height (Inches)	
Weight (Pounds)	
Chest (Inches)	
Waist (inches)	
Body Fat	
Target Body Fat	
BMI	
Target BMI	

Notes
Week 5: Day 3 & 7 are rest days

Week 5; Day 1,4,6
Sport Performance

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Tire Flip	4	-	1 min interval	90%	3min
100yrd Gradual Sprint	4	-	1 min interval	90%	3min
High Knee Kareoke	4	-	1 min interval	90%	3min
20yrd Shuffle	4	-	1 min interval	90%	3min
Sled Pull	4	-	1 min interval	90%	3min
Power Skipping	4	-	1 min interval	90%	3min
Sled Push	4	-	1 min interval	90%	3min

Week 5; Day 2
Upper Power

Exercises	Sets	Reps	1RM/Wt/Time	%HRR	Rest
Power Clean	4	6	80%	-	3min
Bench Press	4	6	80%	-	3min
Weighted Back Extensions	4	6	80%	-	3min
Heavy Bag Push	4	6	80%	-	3min
Biceps Cable Curl	4	6	80%	-	3min
Weighted Triceps Dips	4	6	80%	-	3min
Cable Woodchop	4	6	80%	-	3min
Leg Toss	4	6	80%	-	3min

Week 5; Day 5
Lower Power

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Squats	4	6	80%/ 1 min interval	-	4min
Deadlift	4	6	80%/ 1 min interval	-	4min
Split Squat	4	6	80%/ 1 min interval	-	4min
Box Jumps	4	6	80%/ 1 min interval	-	4min
Single Leg Broad Jump	4	6	80%/ 1 min interval	-	4min
Med. Ball V Sit Up	3	10	5kg	-	2min
Good Mornings	3	-	1 min interval	-	2min

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Client's Information	
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Gender	
Height (Feet)	
Height (Inches)	
Weight (Pounds)	
Chest (Inches)	
Waist (inches)	
Body Fat	
Target Body Fat	
BMI	
Target BMI	

Notes
Week 6: Day 3 & 7 are rest days

Week 6; Day 1,4,6
Sport Performance

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Tire Flip	4	-	1 min interval	90%	2min
100yrd Gradual Sprint	4	-	1 min interval	90%	2min
High Knee Kareoke	4	-	1 min interval	90%	2min
20yrd Shuffle	4	-	1 min interval	90%	2min
Sled Pull	4	-	1 min interval	90%	2min
Power Skipping	4	-	1 min interval	90%	2min
Sled Push	4	-	1 min interval	90%	2min

Week 6; Day 2
Upper Power

Exercises	Sets	Reps	1RM/Wt/Time	%HRR	Rest
Power Clean	4	6	85%	-	3min
Bench Press	4	6	85%	-	3min
Weighted Back Extensions	4	6	85%	-	3min
Heavy Bag Push	4	6	85%	-	3min
Biceps Cable Curl	4	6	85%	-	3min
Weighted Triceps Dips	4	6	85%	-	3min
Cable Woodchop	4	6	85%	-	3min
Leg Toss	4	6	85%	-	3min

Week 6; Day 5
Lower Power

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Squats	4	6	85%/ 1 min interval	-	3min
Deadlift	4	6	85%/ 1 min interval	-	3min
Split Squat	4	6	85%/ 1 min interval	-	3min
Box Jumps	4	6	85%/ 1 min interval	-	3min
Single Leg Broad Jump	4	6	85%/ 1 min interval	-	3min
Med. Ball V Sit Up	3	10	5kg	-	2min
Good Mornings	3	-	1 min interval	-	2min

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Client's Information	
Age	
Gender	
Height (Feet)	
Height (Inches)	
Weight (Pounds)	
Chest (Inches)	
Waist (inches)	
Body Fat	
Target Body Fat	
BMI	
Target BMI	

Notes
Week 7: Day 3 & 7 are rest days

Week 7; Day 1,4,6
Sport Performance

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Tire Flip	4	-	1:30 min intervals	90%	2min
100yrd Gradual Sprint	4	-	1:30 min intervals	90%	2min
High Knee Kareoke	4	-	1:30 min intervals	90%	2min
20yrd Shuffle	4	-	1:30 min intervals	90%	2min
Sled Pull	4	-	1:30 min intervals	90%	2min
Power Skipping	4	-	1:30 min intervals	90%	2min
Sled Push	4	-	1:30 min intervals	90%	2min

Week 7; Day 2
Upper Power

Exercises	Sets	Reps	1RM/Wt/Time	%HRR	Rest
Power Clean	5	5	85%	-	3min
Bench Press	5	5	85%	-	3min
Weighted Back Extensions	5	5	85%	-	3min
Heavy Bag Push	5	5	85%	-	3min
Biceps Cable Curl	5	5	85%	-	3min
Weighted Triceps Dips	5	5	85%	-	3min
Cable Woodchop	5	5	85%	-	3min
Leg Toss	5	5	85%	-	3min

Week 7; Day 5
Lower Power

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Squats	5	5	85%/ 1 min interval	-	3min
Deadlift	5	5	85%/ 1 min interval	-	3min
Split Squat	5	5	85%/ 1 min interval	-	3min
Box Jumps	5	5	85%/ 1 min interval	-	3min
Single Leg Broad Jump	5	5	85%/ 1 min interval	-	3min
Med. Ball V Sit Up	4	12	8kg	-	2min
Good Mornings	4	-	1 min interval	-	2min

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Client's Information	
Age	
Gender	
Height (Feet)	
Height (Inches)	
Weight (Pounds)	
Chest (Inches)	
Waist (inches)	
Body Fat	
Target Body Fat	
BMI	
Target BMI	

Notes
Week 8: Day 3 & 7 are rest days

Week 8; Day 1,4,6
Sport Performance

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Tire Flip	4	-	1:30 min intervals	90%	1:30min
100yrd Gradual Sprint	4	-	1:30 min intervals	90%	1:30min
High Knee Kareoke	4	-	1:30 min intervals	90%	1:30min
20yrd Shuffle	4	-	1:30 min intervals	90%	1:30min
Sled Pull	4	-	1:30 min intervals	90%	1:30min
Power Skipping	4	-	1:30 min intervals	90%	1:30min
Sled Push	4	-	1:30 min intervals	90%	1:30min

Week 8; Day 2
Upper Power

Exercises	Sets	Reps	1RM/Wt/Time	%HRR	Rest
Power Clean	5	5	90%	-	3min
Bench Press	5	5	90%	-	3min
Weighted Back Extensions	5	5	90%	-	3min
Heavy Bag Push	5	5	90%	-	3min
Biceps Cable Curl	5	5	90%	-	3min
Weighted Triceps Dips	5	5	90%	-	3min
Cable Woodchop	5	5	90%	-	3min
Leg Toss	5	5	90%	-	3min

Week 8; Day 5
Lower Power

Exercises	Sets	Reps	%1RM/Wt/Time	%HRR	Rest
Squats	5	5	90%/ 1 min interval	-	3min
Deadlift	5	5	90%/ 1 min interval	-	3min
Split Squat	5	5	90%/ 1 min interval	-	3min
Box Jumps	5	5	90%/ 1 min interval	-	3min
Single Leg Broad Jump	5	5	90%/ 1 min interval	-	3min
Med. Ball V Sit Up	4	14	8kg	-	1min
Good Mornings	4	-	1 min interval	-	1min