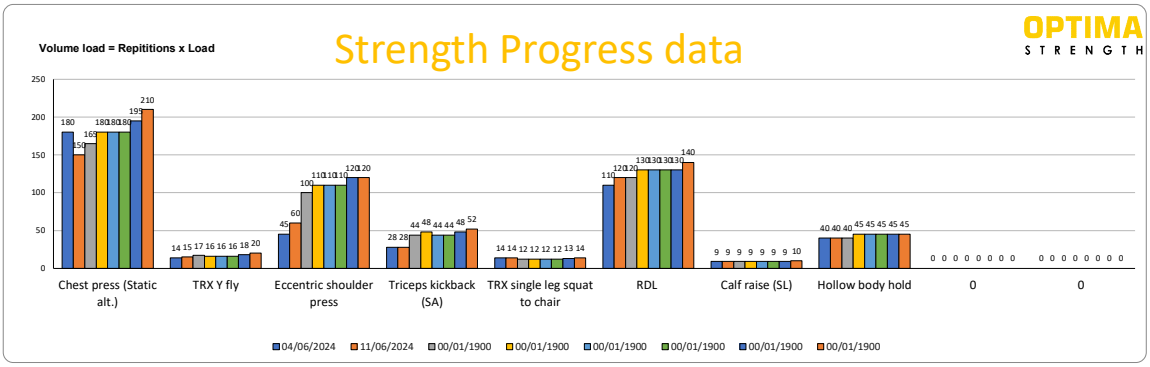
OPTIMA STRENGTH

VIRTUAL WORKOUT CARD

Session Description: Full body session A (2 x pw)

Muscle group	EXERCISE	EQUIPMENT	TEMPO	DATE 4/6/2024		DATE 11/6/2024		DATE 18/6/2024		DATE 25/6/2024		DATE 2/7/2024		DATE 09/07024		DATE 16/7/2024		DATE 23/7/2024	
Chest	Chest press (Static alt.)	DB x 2	4/0/2	10	18	15	10	15	11	15	12	15	12	15	12	15	13	15	14
Shoulders	TRX Y fly	TRX	2/0/6	1	14	1	15	1	17	2	8	2	8	2	8	2	9	2	10
Shoulders	Eccentric shoulder press	DB x 2	2/0/10	15	3	10	6	10	10	10	11	10	11	10	11	10	12	10	12
Triceps	Triceps kickback (SA)	DB x 2	4/0/2	4	7	4	7	4	11	4	12	4	11	4	11	4	12	4	13
Quadriceps	TRX single leg squat to chair	TRX	6/0/2	1	14	1	14	1	12	1	12	1	12	1	12	1	13	1	14
Hamstrings	RDL	DB x 1	6/0/2	10	11	10	12	10	12	10	13	10	13	10	13	10	13	10	14
Calves	Calf raise (SL)	BW	2/1/4	1	9	1	9	1	9	1	9	1	9	1	9	1	9	1	10
Abdominals	Hollow body hold	BW	TIMED (ISO	1	40	1	40	1	40	1	45	1	45	1	45	1	45	1	45
						Ex. variation													

Additional notes:



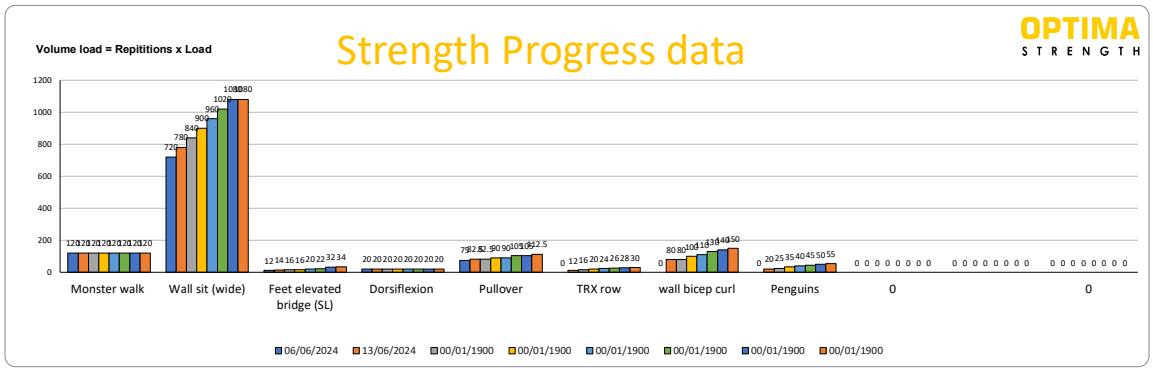
OPTIMA STRENGTH

VIRTUAL WORKOUT CARD

Session Description: Full body session B (2 x pw)

Muscle group	EXERCISE	EQUIPMENT	TEMPO	DATE 6/6/2024		DATE 13/6/2024		DATE 20/6/2024		DATE 27/6/2024		DATE 4/7/2024		DATE 12/7/2024		DATE 18/7/2024		DATE 25/7/2024	
Glutes	Monster walk	(short)	(DYNAMI	2	60	2	60	2	60	2	60	2	60	2	60	2	60	2	60
Glutes	Wall sit (wide)	DB x 1	(ISO)	12	60	12	65	12	70	12	75	12	80	12	85	12	90	12	90
Hamstrings	Feet elevated bridge (SL)	Loop RB (short)	2/4/4	1	12	1	14	1	16	1	16	2	10	2	11	2	16	2	17
Calves	Dorsiflexion	(short)	2/0/10	2	10	2	10	2	10	2	10	2	10	2	10	2	10	2	10
Back	Pullover	DB x 1	2/0/10	7.5	10	7.5	11	7.5	11	7.5	12	7.5	12	7.5	14	7.5	14	7.5	15
Back	TRX row	TRX	2/1/6			1	12	1	16	2	10	2	12	2	13	2	14	2	15
Biceps	wall bicep curl	DB x 2	6/0/2			10	8	10	8	10	10	10	11	10	13	10	14	10	15
Abdominals	Penguins	BW	(DYNAMI			1	20	1	25	1	35	1	40	1	45	1	50	1	55
										Ex. variation									

Additional notes:



Interpreting your strength graph

We provide strength data to show progress over the course of your program but there are some aspects to consider in order to understand your results.

How are the results calculated?
Volume load = number of repetitions x weight lifted (load; This enables progress to be tracked as weights lifted increase, whilst repetitions may decrease. In the case of exercises which don't use a specific load e.g., Suspension trainer and bodyweight exercises, load is often altered by changes in technique which make the exercise more difficult i.e., bent leg vs straight leg triceps dips. Although volume load is the most appropriate metric to use to represent progress in this context, it is important to understand that an increase in weight may lead to temporary dip in volume load.

Why are some parts of the graph missing?
You may notice a data point missing in your graphs; This is due to that exercise being missed on that occasion.

Why is my progress non-linear?
We all want our progress to increase in a linear fashion over time, but often progress comes through peaks and troughs. It may be the case that your strength graph progresses in a non-linear fashion which is completely normal. Reasons for this may include sessions when you weren't feeling your best, exercises which appear to have regressed in order for technique to be improved, or alterations to equipment used. Therefor, it's most productive to evalute progress by comparing initial results to final results.

Why haven't some exercises progressed?
Some exercises are programmed as warm-ups or at set intervals. Examples of these may include banded glute activations and core exercises.

If you've any questions regarding the results of your strength graph, don't hesitate to reach out to your trainer.