

Client:

Date:

# Session Goal: Strength + Mobility

Load	Reps	Sets	Tempo	Rest
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## Strength + Active Recovery Mobility

LLT	STR: Bench Press	Heavy	6-8 each	2-4	Controlled	0-15s
UMT	MOB: 1/2 Kneeling Lateral Frog		6 each	2-4	Controlled	0-15s
LLT	STR: BB Deadlift	Heavy	4-5	2-4	Controlled	0-15s
ULT	MOB: SB Active Child's Pose		10	2-4	Controlled	0-15s
LLT	Lat Pull Down	Heavy	6-8	2-4	Controlled	0-15s
LMT	KB T-Squat Swings	Light	10 each	2-4	Controlled	0-15s
LLT	DB Alt Lunges	Heavy	6 each	2-4	Controlled	0-15s
UMT	Prone T-Spine Rotation		6 each	2-4	Controlled	0-15s

### Notes:

Superset STR with Mobility

LLT

LMT

ULT

UMT