

Basic Workout Software with Planner 1.0

- **Runs on Microsoft® Excel.**
 - It's fast and easy to copy and edit workout routines from day to day!
- **Easy to use template gives you control of program design for 1,2,3, or 4 day workout weeks!**
 - You create up to 5 core exercises for controlling intensities including Legs, Chest, Heart Rate, Run times, etc. You have flexibility and total control!
- **Planner and workouts act as a document for logical planned physical improvement!**
 - Educates your clients or athletes
 - Keeps a recorded account for each training session
- **Print 1 or more individualized workout sheets with the click of a button!**
- **The easy-to-follow manual guides you with images and tips and provides answers to frequently asked questions!**

Turbo F.A.S.T.
General Plan

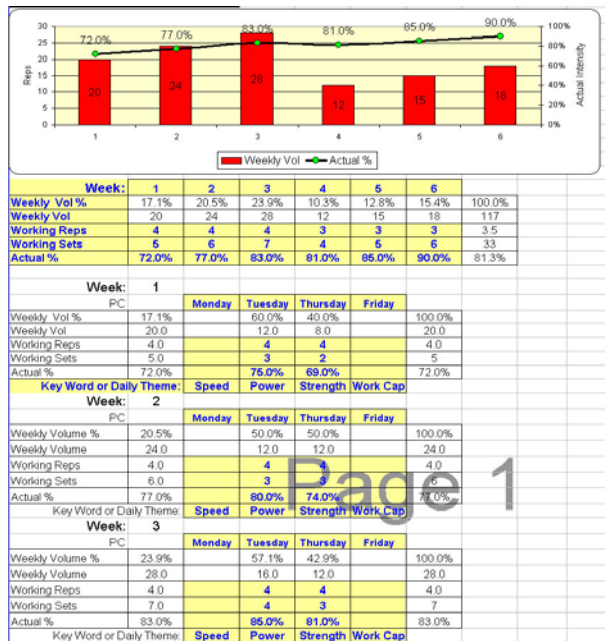
Year: 2006

Week # 1

Phase #	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
A. Anatomical Adaptation	X																															
B. General Strength/Power	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
C. Max Strength/Power																																
D. Peak Strength/Power																																
E. Skill Acquisition																																
F. Spring Break																																
G. Year-End Prep																																
H. In Season																																
I. Training Team																																
J. Transition																																
K. Break/Inactivation																																

Notes on Each Phase of Training

Phase # 1	Phase # 2	Phase # 3	Phase # 4	Phase # 5	Phase # 6
Anatomical Adaptation	General Strength/Power	Max Strength/Power	Peak Strength/Power		
Phase # 7	Phase # 8	Phase # 9	Phase # 10	Phase # 11	Phase # 12
Skill Acquisition	Spring Break	In Season	Year-End Prep	In Season	
Phase # 13	Phase # 14	Phase # 15	Phase # 16	Phase # 17	Phase # 18
Training Team			Transition	Break/Inactivation	



Turbo F.A.S.T., LLC **POS: Program** **DATE: 1/2/06**

	PC	SG	LP	BP	SP
Monday	110.0	380.0	600.0	200.0	220.0
Vol = 544					
Av Vol = 6.857					
Speed Work Outside					
40 yard sled tows	25 lbs x 8 / 1				
Step Ups	65 - 75 x 5 / 1	95 - 105 x 5 / 2			
Step Up Jumps	BW x 5 / 2	Each Leg			
Bench Press	125 - 140 x 10 / 1	170 - 180 x 8 / 1	195 - 205 x 5 / 1		
DB Incline	205 - 220 x 5 / 3				
Troop Push Down	x 10 / 1				
Med Ball Circuit #1					
Tuesday	Vol = 520	Av Vol = 5.894			
Power Clean	80 - 95 x 6 / 1	80 - 95 x 4 / 1	72.5 - 77.5 x 3 / 1		
	82.5 - 87.5 x 3 / 1	87.5 - 92.5 x 4 / 1	77.5 - 82.5 x 3 / 1		
	87.5 - 92.5 x 3 / 1				
RDL's	85 - 95 x 6 / 1	115 - 125 x 6 / 2			
Split Squat Alternate DB Press	x 8 / 1				
	x 5 / 1				
Reverse Grip Lat Pull	110 - 125 x 8 / 1	155 - 170 x 8 / 1	155 - 170 x 8 / 2		
Towel Chin Ups	x 8 / 1				
Pole Vaulter's Core #1					
Thursday	Vol = 194	Av Vol = 7.76			
HBN-ORNG	45 - 50 x 4 / 1	55 - 60 x 4 / 1	80 - 85 x 4 / 1		
Squat	135 - 150 x 10 / 1	190 - 210 x 8 / 1	230 - 245 x 5 / 1		
Box Jump (Step Down)	205 - 235 x 5 / 1	295 - 300 x 5 / 2			
	BW x 5 / 2				
Incline Press	100 - 110 x 10 / 1	130 - 145 x 8 / 1	145 - 155 x 5 / 1		
DB Bench Press	165 - 170 x 5 / 3				
Pull Over 21's	x 10 / 1				
	x 21 / 1				
Friday	Vol = 240	Av Vol = 10			
Work Cap Complex 1	Set #1	Set #2	Set #3		
Squat - Push Press	x 10 / 1	x 10 / 1	x 10 / 1		
Upright Row	x 10 / 1	x 10 / 1	x 10 / 1		
Step Up	x 10 / 1	x 10 / 1	x 10 / 1		
Over Row's	x 10 / 1	x 10 / 1	x 10 / 1		
O.H. Split Squat	each leg	x 10 / 1	x 10 / 1		
Curt and Press	x 10 / 1	x 10 / 1	x 10 / 1		
Body We Squat Jumps	x 10 / 1	x 10 / 1	x 10 / 1		
Pull Ups (max or 10)	x 10 / 1	x 10 / 1	x 10 / 1		
Med Ball Ladder #1	9 kg - 12 kg x 10 / 1				

Comments

Get whole foot on the box

****Rate the Workout****

1 - Easy
2 - Fairly tough. Worked up a sweat.
3 - Tough. I expect some soreness.
4 - Brutal. You thrashed me.

Squeeze the bar off the floor.
Scrape, not bounce

RDL's
-Knees straight/stiff, but not locked
-Keep back flat
-Keep bar close to legs as you descend

****Rate the Workout****

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Squat - Control descent. Stay tight

Be kind to the Dumbbells!

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2 minute Rest between sets

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