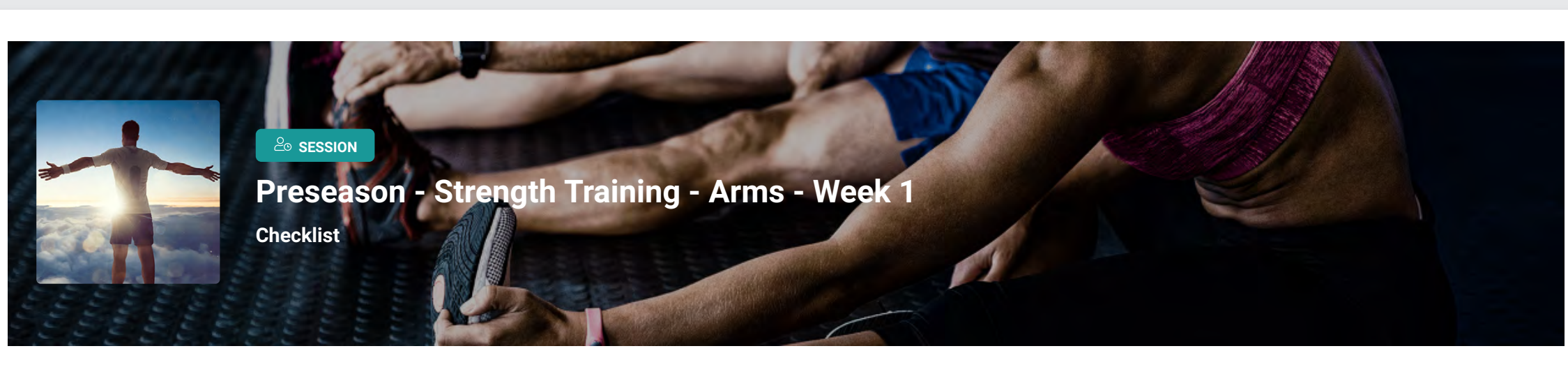
Please be patient. A whole new experience is on the horizon...


SESSION

Preseason - Strength Training - Arms - Week 1

Checklist

Start: Jun 06, 2020
When: Today Only
Duration: 16 Minute(s)

Goal: this Session will increase the success of preseason strength training.
Description:

Published By:
Navitent Compass
FOLLOW

Today, Jun 6

NAVITENT INFO RELATED PAST RESULTS DETAILS PRINT SHARE

Summary:

Elements (7)

TRAIL 1 OF 9 — PRESEASON - STRENGTH TRAINING - WARMUP/STRETCH

DURATION: 10 MINUTE(S) | **ZONE:** OPEN | **KIND:** INSTRUCTIVE TRAIL

Summary:

STEP 1

Ride 10 Minutes

Response Skip

Log

Log personal notes or comments here

Elements (1)
Exercise Bike

STEP 2

5 Minutes of Stretching

Response Skip

Log

Log personal notes or comments here

Elements (0)

TRAIL 2 OF 9 — STRENGTH TRAINING - ARMS - PART 1

DURATION: 2 MINUTE(S) | **ZONE:** OPEN | **KIND:** ACTIVE TRAIL

Summary:

SET 1

Banded High Rows

Target Repetitions: **10** Actual Repetitions
Target Amount: Actual Amount N/A
Target Intensity: **8** Actual Intensity Skip
Rest: **30 Second(s)**
Response: Skip

Notes

Add notes here

Elements (1)
Resistance Bands

SET 2

Banded Low Rows

Target Repetitions: **10** Actual Repetitions
Target Amount: Actual Amount N/A
Target Intensity: **8** Actual Intensity Skip
Rest: **30 Second(s)**
Response: Skip

Notes

Add notes here

Elements (1)
Resistance Bands

SET 3

Bent Over Rows

Target Repetitions: **10** Actual Repetitions
Target Amount: **10** Actual Amount N/A
Target Intensity: **8** Actual Intensity Skip
Rest: **30 Second(s)**
Response: Skip

Notes

Add notes here

Elements (1)
Barbell

SET 4

Chest Press

Target Repetitions: **10** Actual Repetitions
Target Amount: Actual Amount N/A
Target Intensity: **8** Actual Intensity Skip
Rest: **30 Second(s)**
Response: Skip

Notes

Add notes here

Elements (1)
Dumbbell

TRAIL 3 OF 9 — STRENGTH TRAINING - ARMS - PART 1

DURATION: 2 MINUTE(S) | **ZONE:** OPEN | **KIND:** ACTIVE TRAIL

Summary:

SET 1

Banded High Rows

Target Repetitions: **10** Actual Repetitions
Target Amount: Actual Amount N/A
Target Intensity: **8** Actual Intensity Skip
Rest: **30 Second(s)**
Response: Skip

Notes

Add notes here

Elements (1)
Resistance Bands

SET 2

Banded Low Rows

Target Repetitions: **10** Actual Repetitions
Target Amount: Actual Amount N/A
Target Intensity: **8** Actual Intensity Skip
Rest: **30 Second(s)**
Response: Skip

Notes

Add notes here

Elements (1)
Resistance Bands

SET 3

Bent Over Rows

Target Repetitions: **10** Actual Repetitions
Target Amount: **10** Actual Amount N/A
Target Intensity: **8** Actual Intensity Skip
Rest: **30 Second(s)**
Response: Skip

Notes

Add notes here

Elements (1)
Barbell

SET 4

Chest Press

Target Repetitions: **10** Actual Repetitions
Target Amount: Actual Amount N/A
Target Intensity: **8** Actual Intensity Skip
Rest: **30 Second(s)**
Response: Skip

Notes

Add notes here

Elements (1)
Dumbbell

TRAIL 4 OF 9 — STRENGTH TRAINING - ARMS - PART 1

DURATION: 2 MINUTE(S) | **ZONE:** OPEN | **KIND:** ACTIVE TRAIL

Summary:

SET 1

Banded High Rows

Target Repetitions: **10** Actual Repetitions
Target Amount: Actual Amount N/A
Target Intensity: **8** Actual Intensity Skip
Rest: **30 Second(s)**
Response: Skip

Notes

Add notes here

Elements (1)
Resistance Bands

SET 2

Banded Low Rows

Target Repetitions: **10** Actual Repetitions
Target Amount: Actual Amount N/A
Target Intensity: **8** Actual Intensity Skip
Rest: **30 Second(s)**
Response: Skip

Notes

Add notes here

Elements (1)
Resistance Bands

SET 3

Bent Over Rows

Target Repetitions: **10** Actual Repetitions
Target Amount: **10** Actual Amount N/A
Target Intensity: **8** Actual Intensity Skip
Rest: **30 Second(s)**
Response: Skip

Notes

Add notes here

Elements (1)
Barbell

SET 4

Chest Press

Target Repetitions: **10** Actual Repetitions
Target Amount: Actual Amount N/A
Target Intensity: **8** Actual Intensity Skip
Rest: **30 Second(s)**
Response: Skip

Notes

Add notes here

Elements (1)
Dumbbell

TRAIL 5 OF 9 — STRENGTH TRAINING - ARMS - PART 1

DURATION: 2 MINUTE(S) | **ZONE:** OPEN | **KIND:** ACTIVE TRAIL

Summary:

SET 1

Banded High Rows

Target Repetitions: **10** Actual Repetitions
Target Amount: Actual Amount N/A
Target Intensity: **8** Actual Intensity Skip
Rest: **30 Second(s)**
Response: Skip

Notes

Add notes here

Elements (1)
Resistance Bands

SET 2

Banded Low Rows

Target Repetitions: **10** Actual Repetitions
Target Amount: Actual Amount N/A
Target Intensity: **8** Actual Intensity Skip
Rest: **30 Second(s)**
Response: Skip

Notes

Add notes here

Elements (1)
Resistance Bands

SET 3

Bent Over Rows

Target Repetitions: **10** Actual Repetitions
Target Amount: **10** Actual Amount N/A
Target Intensity: **8** Actual Intensity Skip
Rest: **30 Second(s)**
Response: Skip

Notes

Add notes here

Elements (1)
Barbell

SET 4

Chest Press

Target Repetitions: **10** Actual Repetitions
Target Amount: Actual Amount N/A
Target Intensity: **8** Actual Intensity Skip
Rest: **30 Second(s)**
Response: Skip

Notes

Add notes here

Elements (1)
Dumbbell

TRAIL 6 OF 9 — STRENGTH TRAINING - ARMS - PART 2

DURATION: 2 MINUTE(S) | **ZONE:** OPEN | **KIND:** ACTIVE TRAIL

Summary:

SET 1

Band Curls

Target Repetitions: **10** Actual Repetitions
Target Amount: Actual Amount N/A
Target Intensity: **8** Actual Intensity Skip
Rest: **30 Second(s)**
Response: Skip

Notes

Add notes here

Elements (1)
Resistance Bands

SET 2

Max Band Shoulder Curls

Target Repetitions: **10** Actual Repetitions
Target Amount: Actual Amount N/A
Target Intensity: **8** Actual Intensity Skip
Rest: **30 Second(s)**
Response: Skip

Notes

Add notes here

Elements (1)
Resistance Bands

TRAIL 7 OF 9 — STRENGTH TRAINING - ARMS - PART 2

DURATION: 2 MINUTE(S) | **ZONE:** OPEN | **KIND:** ACTIVE TRAIL

Summary:

SET 1

Band Curls

Target Repetitions: **10** Actual Repetitions
Target Amount: Actual Amount N/A
Target Intensity: **8** Actual Intensity Skip
Rest: **30 Second(s)**
Response: Skip

Notes

Add notes here

Elements (1)
Resistance Bands

SET 2

Max Band Shoulder Curls

Target Repetitions: **10** Actual Repetitions
Target Amount: Actual Amount N/A
Target Intensity: **8** Actual Intensity Skip
Rest: **30 Second(s)**
Response: Skip

Notes

Add notes here

Elements (1)
Resistance Bands

TRAIL 8 OF 9 — STRENGTH TRAINING - ARMS - PART 2

DURATION: 2 MINUTE(S) | **ZONE:** OPEN | **KIND:** ACTIVE TRAIL

Summary:

SET 1

Band Curls

Target Repetitions: **10** Actual Repetitions
Target Amount: Actual Amount N/A
Target Intensity: **8** Actual Intensity Skip
Rest: **30 Second(s)**
Response: Skip

Notes

Add notes here

Elements (1)
Resistance Bands

SET 2

Max Band Shoulder Curls

Elements (1)

Target Repetitions: **10** Actual Repetitions

Target Amount: Actual Amount N/A

Target Intensity: **8** Actual Intensity Skip

Rest: **30 Second(s)**

Response: Skip

Notes

Add notes here

Resistance Bands

TRAIL 9 OF 9 — STRENGTH TRAINING - ARMS - PART 2

DURATION: 2 MINUTE(S) | **ZONE:** OPEN | **KIND:** ACTIVE TRAIL

Summary:

SET 1

Band Curls

Elements (1)

Resistance Bands

Target Repetitions: **10** Actual Repetitions

Target Amount: Actual Amount N/A

Target Intensity: **8** Actual Intensity Skip

Rest: **30 Second(s)**

Response: Skip

Notes

Add notes here

SET 2

Max Band Shoulder Curls

Elements (1)

Resistance Bands

Target Repetitions: **10** Actual Repetitions

Target Amount: Actual Amount N/A

Target Intensity: **8** Actual Intensity Skip

Rest: **30 Second(s)**

Response: Skip

Notes

Add notes here

Sharing Options

Post a comment?

Share with all Friends

☐ Show comment ☐ Show result ☐ Show responses

Share Responses with Select Friends

— Select Friends —

Share in Campfire: — Select Campfire —

☐ Show comment ☐ Show result ☐ Show responses

Share in Campsite: — Select Campsite —

☐ Show comment ☐ Show result ☐ Show responses

Share in Campground: — Select Campground —

☐ Show comment ☐ Show result ☐ Show responses

Post a comment and your responses to the publisher?

Share in: PRINT SHARE

SAVE AND FINISH FINISH AND RETURN TO CHECKLIST

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