**PROGRAM FOR:**

**OSTEOPATH:**

**PHASE:**

**DATE:**

**DURATION:**

**FREQUENCY:**

**MOVEMENT PREP (SMR/FLEXIBILITY/ACTIVATION)**

| order | smr/flexibility/activation | focus | reps | sets | tempo | duration | weight |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |

**EXERCISE PROGRAM 1**

| order | exercise | reps | sets | tempo | weight | weight | weight | weight |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |

**EXERCISE PROGRAM 2**

| order | exercise | reps | sets | tempo | weight | weight | weight | weight |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |

**PROGRESSION/OVERLOAD**

|  | Progress | reps | sets | tempo | weight | weight | weight | weight |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Week 1 |  |  |  |  |  |  |  |  |
| Week 2 |  |  |  |  |  |  |  |  |
| Week 3 |  |  |  |  |  |  |  |  |
| Week 4 |  |  |  |  |  |  |  |  |
| Week 5 |  |  |  |  |  |  |  |  |
| Week 6 |  |  |  |  |  |  |  |  |