

ATHLETIC TRAINING CHART

Phase: Hypertrophy / Week 1

Athlete Name
Date
Coach

EXERCISE / MOVEMENT	SETS	REPS	LOAD/INTENSITY	PERFORMANCE NOTES
Barbell Back Squat	4	8-10	75% 1RM	Focus on depth & tempo
Romanian Deadlift	3	12	RPE 7	Neutral spine throughout
Dumbbell Bench Press	4	10	---	Full ROM
Weighted Pull-Ups	3	Failure	Body + 10kg	Strict form only
Plank w/ Rotation	3	45s	---	Controlled movement

Post-Session Recovery / RPE
Standard Athletic Protocol Æ Template REF: AT-2024