Daily OPT Programming

NASM — NATIONAL ACADEMY OF SPORTS MEDICINE

Client Name | **Date**

Professional Name

Goal | **Phase**

WARM-UP

Exercise	Sets	Duration	Notes

CORE/BALANCE/REACTIVE

Exercise	Sets	Reps	Tempo	Rest	Notes

SPEED/AGILITY/QUICKNESS

Exercise	Sets	Reps	Tempo	Rest	Notes

RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Notes

COOL-DOWN

Exercise	Sets	Duration	Notes

Additional Notes: