



OPT® CES Programming Template

Client Name: _____

CLIENT GOAL:**PHASE (include week #):****DATE:**

Exercise Selection	Sets	Reps	Tempo	Rest	Notes
FLEXIBILITY – inhibit with self-myofascial rolling or other technique and lengthen w/ stretching technique					
ACTIVATION – isolated strengthening, trunk postural control (core), balance (hip/knee/ankle integration)					
INTEGRATION & SKILL DEVELOPMENT – integrated dynamic movement, SAQ, plyometrics, goal-specific prep					
RESISTANCE TRAINING – specific to phase and goal					
CLIENT'S CHOICE – single joint, additional core training, accessory movements, metabolic conditioning					
COOL DOWN – myofascial technique and static stretch					