



Optimum Performance Training™ Corrective Exercise Template

NAME:

DATE:

TRAINER:

PHASE: **CET**

DAYS/WEEK:

GOAL:

INHIBIT	Sets	Duration	Notes
1.			
2.			
3.			
4.			

LENGTHEN	Sets	Duration	Notes
1.			
2.			
3.			
4.			

ACTIVATE	Sets	Reps	Tempo	Rest	Notes
1.					
2.					
3.					
4.					

INTEGRATE	Sets	Reps	Tempo	Rest	Notes
1.					
2.					
3.					
4.					