

reACT 10 Week Program Progression Sheet

Trainer Name		Client Name					
Week/s	Weekly Session #	Exercises	Speed	# Sets	Time per Set	W/R Ratio	Load

Legend: BW is bodyweight
 W/R Ratio is Work/Rest Ratio so 1:1.5 means 1.5 times as much rest between sets of work
 Load refers to external load with weighted vest
 Time per Set is the duration of each work interval
 Exercise - Basic Forward Squat, Staggered Stance, Full Lunge, Side Squat, Single Leg Squat