

Appendix B
Exercise Log

Start time: _____ **End Time:** _____ **Participant number:** _____
Date: _____ **Week:** _____ **Session One Emphasis:** *Horizontal power*
Warm up: _____

Ball Throw Distance Trial 1 _____ Trial 2 _____ Broad Jump Distance Trial 1 _____ Trial 2 _____
 Goal Trial 1 _____ Trial 2 _____ Vertical Jump Distance Trial 1 _____ Trial 2 _____

Exercise List	Repetitions	Weight	Distance/height
Square pattern jump	_____	_____	_____
Sit up throw	_____	_____	_____
Counter movement jumps	_____	_____	_____
Single arm back throw	_____	_____	_____
Forward hops to cone	_____	_____	_____
Shot put	_____	_____	_____
Counter movement hops	_____	_____	_____
Soccer Throw in	_____	_____	_____

Cool Down: _____
 Total Jumps: _____ Total Throws: _____ HR: _____

Start time: _____ **End Time:** _____
Date: _____ **Week:** _____ **Session Two Emphasis:** *Vertical power*

Warm up: _____
 Ball Throw Distance Trial 1 _____ Trial 2 _____ Broad Jump Distance Trial 1 _____ Trial 2 _____
 Goal Trial 1 _____ Trial 2 _____ Vertical Jump Distance Trial 1 _____ Trial 2 _____

Exercise List	Repetitions	Weight	Distance/Height
Straddle jumps	_____	_____	_____
Single arm squat throw	_____	_____	_____
Hurdles - jump	_____	_____	_____
Single arm overhead throw	_____	_____	_____
Step jump up & over	_____	_____	_____
Prone arm lifts	_____	_____	_____
Step hop up & over	_____	_____	_____
Push up or chest touch	_____	_____	_____

Cool Down: _____
 Total Jumps: _____ Total Throws: _____ HR: _____