

DAPRE Exercise Program - 4 Week Block



Name: _____

Start Date: _____

Exercise: _____

Goal Weight: _____
Rep Zone: _____

Week 1 - Week 2 - Week 3 - Week 4

Set 1: _____
Set 2: _____
Set 3: _____
Set 4: _____

Exercise: _____

Goal Weight: _____
Rep Zone: _____

Set 1: _____
Set 2: _____
Set 3: _____
Set 4: _____

Exercise: _____

Goal Weight: _____
Rep Zone: _____

Set 1: _____
Set 2: _____
Set 3: _____
Set 4: _____

Exercise: _____

Goal Weight: _____
Rep Zone: _____

Set 1: _____
Set 2: _____
Set 3: _____
Set 4: _____

Accessory A: _____
Accessory B: _____

Set: _____ Rep: _____ Load: _____
Set: _____ Rep: _____ Load: _____

Rep goal _____

Use goal weight from exercise to determine weight for each set. Use the reps hit on set 3 & compare to rep goal. Plug into the chart below to determine weight adjustment on set 4.

Sets	Load	Reps
1	50% RM	Goal
2	75% RM	Goal
3	Rep Max (RM)	To Failure
4	Adjusted RM	To Failure

Weight Adjustment

-10	-5	0	+5					
< 4	-3	-2	-1	Goal	+1	+2	+3	> 4

Reps Performed

Strength Training Zones

Zone 1: 2-5 reps. Primary goal peak strength & power.

Zone 2: 6-8 reps. Primary goal is functional strength & hypertrophy.

Zone 3: 10-12 reps. Primary goal general strength & hypertrophy with tissue protection.

Buckets:	Heavy		Moderate				Light			
Reps achieved:	1	2	3	4	5	6	7	8	9	10
% of RM	100	95	93	90	87	85	83	80	77	75

Estimated 1 Rep Max (1RM) based on reps achieved at weight. (Baechle)