

HIRT

Training Style: Perform exercises for 20 sec , take 15 seconds rest , and repeat for 8 rounds.									
Date		/	/	/	/	/	/	/	/
Training Exercises	Coaching Tip	LB	LB	LB	LB	LB	LB	LB	LB
<u>BUTT TAP BARBELL SQUATS</u>	sit, stop, get the hell up!								
<u>DB FRONT SQUATS ARNOLD PRESS</u>									
<u>BARBELL RDL, ROW, UPRIGHT ROW</u>	don't rush, make each rep QUALITY!								
<u>CHIN UPS/CLOSE LAT PULL</u>	pair up, do 5x pullups, then switch NO REST								
<u>DB CRUNCH INTO CLOSE GRIP Z PRESS, INTO RUSSIAN TWIST</u>									
<u>ISOMETRIC LUNGE W/DB SHOULDER ROTATIONS</u>	SHLDR up, out, down, up, in, down								
<u>SINGLE ALT RDL INTO LATERAL</u>	alternate legs when bell rings								
<u>ALT REVERSE LUNGE WITH BICEP CURL</u>									
<u>KB PUSHUPS/KB ROWS</u>	Alternate every other set								