TRX & KETTLEBELL

Training Style: Perform resistance training exercise for 50 seconds, 30sec break, repeat set.									
		Date	/	/	/	/	/	/	/
			Rest 60-90 seconds after every interval						
Resistance Training Exercises		Coaching Tip	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
DOUBLE KB CLEAN-DROP LUNGE									
TRX BULGARIAN SIDE LUNGE + BURPEE									
SL PUSHUP COMPLEX									
KB LEG DRIVER									
TRX FIRE HYDRANTS									
T-BAR ROLLOUT									
KB HIP BRIDGE + PRESS									
TRX PUSHUP + MUSCLE UP									
CRAB WALK TOE TOUCHES		no break							
KB GOBLET SQUAT + HALO									
TRX PUSHUP HOLD									
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