FULL BODY

Training Style: Perform resistance training exercise for XX seconds, XX sec break, repeat set.

				Date	/	/	/	/	/	/	/	/	/
Resistance Training Exercises		Sets		**Coaching Tip**	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
BARBELL SQUAT		4											
TRX PISTOL SQUATS		4											
SQUUEZE UP STEP UP		4											
BARBELL ROMANIAN		4											
VALSLIDE S/A,S/L SLIDE		4											
FLOOR DB CHEST PRESS		4		Crunches on break									
DB ROWS		4											
BARBELL SHOULDER PRESS		4		Crunches on break									
W LAT PULLDOWNS OR PULLUPS		4		do pullups if you can!									
CROSSES		4		crunch again!									