HIRT									
Training Style: Perform exercises for 20 sec , take 15 seconds rest , and repeat for 8 rounds.									
Date		1	1	1	1	1	/	1	1
Training Exercises	Coaching Tip	LB							
PAUSE SQUATS	2 sec pause at bottom GO HEAVY								
PULL COMPLEX	high row,reg row, rev row, upright								
CORE FLAT CHEST PRESS	iso knee tuck during press								
STEP UP TO ARNOLD PRESS									
STABILITY BALL LEG CURL	cross leg pull ball in								
<u>S/L ISO RDL BATWINGS</u>									
ALT SIDE LUNGE/UPRIGHT ROW									
TRIPLE CRUSH	curl up, press up, tri press and back down								
KNEE TUCK PULLOVERS	knee tuck during pullover								