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
KB SINGLE ARM HIGH PULLS									
TRX PUSHUP + KNEE TUCKS									
PULLUPS									
KB JERKS									
TRX PENDULUMS									
SLED PULL + BURPEE									
KB BURPEES									
TRX FLYS / SUPERMANS									
JUMP ROPE									
KB DUAL DEADSTOP SWINGS									
TRX VERTICAL PUSH / PULL									
PLANK SIDE RAISES									