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
SUITCASE SQUATS		4											
LOCKOUT LUNGES		4											
FRONT DB SQUATS		4											
BARBELL SUMO RDL		4											
VALSLIDE PIKES		4											
TRX LOW BODY ROWS		4											
FLAT BENCH DB CHEST PRESS		4											
KB ALTERNATE PENDLAY ROWS		4											
ALTERNATE ARNOLD PRESS		4											
CLOSE GRIP LAT PULLDOWNS		4											