FULL BODY

Training Style: Perform resistance training exercise for XX seconds, XX sec break, repeat set.												
			Date	/	/	/	/	/	/	/	/	/
Resistance Training Exercises	Sets		Coaching Tip	Lbs								
RELEASE GRIP DEADLIFTS	4											
BULGARIAN SPLIT SQUATS	4											
SINGLE LEG ROMANIAN DEADLIFT	4											
4 PHASE WALKING LUNGES	4											
HEAVY MB OR BB BRIDGES	4											
ALTERNATING FLAT CHST PRESS	4											
REVERSE GRIP ROWS	4											
INCLINE FLYS	4											
FLOOR SEATED ARNOLD PRESS	4											
NO REST LAT PULLDOWNS	4											