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 OUTSIDE LEG CLEAN + PRESS									
TRX PISTOL SQUAT TO REVERSE LUNGE									
MB BUILDING LAP									
KB OVERHEAD REVERSE LUNGES									
TRX SIT THROUGHS									
ECCENTRIC DRAGON FLAGS									
KB ALT. PUSHUP + HIGH PULL									
TRX STRAIGHT LEG PULLUPS									
ALLIGATOR WALKS									
KB ROW CLEAN SQUAT (STRICT)									
TRX PUSHUP+SKULL CRUSHER									
ROLLUP (AND BOX JUMP)									