

# HIRT

<b>Training Style:</b> Perform exercises for 20 sec , take 15 seconds rest , and repeat for 8 rounds.									
Date		/	/	/	/	/	/	/	/
Training Exercises	Coaching Tip	LB							
<a href="#"><u>BRADFORD PRESS</u></a>	Do NOT lock out the weight								
<a href="#"><u>GOBLET SQUAT PULSES</u></a>	Pulse from just below to just above parallel								
<a href="#"><u>RENEGADE ROW - PUSH-UP - VALSLIDE PIKE</u></a>									
<a href="#"><u>CONVENTIONAL DEADLIFT W/SHRUG</u></a>									
<a href="#"><u>TRX PIKES</u></a>									
<a href="#"><u>DB HI-PULL TO CLEAN &amp; PRESS</u></a>									
<a href="#"><u>SEATED NARROW GRIP PULLEY ROWS</u></a>	Pull handle to belly button								
<a href="#"><u>MB GLUTE BRIDGE W/2 SEC. SQUEEZE</u></a>	Upper back on bench, bridge to chair position								
<a href="#"><u>KB OUTSIDE CLEAN TO FRONT, SIDE AND REVERSE LUNGE</u></a>	Swing & clean before each lunge								