HIRT

Training Style: Perform exercises for 20 sec , take 15 seconds rest , and repeat for 8 rounds.

Date	/	/	/	/	/	/	/	/

Training Exercises	Coaching Tip	LB	LB	LB	LB	LB	LB	LB	LB
FLAT DB SQUEEZE CHEST PRESS	Squeeze dumbbells together (palms facing) as you press								
OFFSET KB WALKING LUNGES	Hold KB in only one hand, fight to keep upper body vertically stabilized								
STRAIGHT ARM LAT PUSHDOWN W/ROPE									
SWISS BALL GOBLET SQUATS	Narrow Stance								
ALT DUMBBELL SNATCH									
WINDSHIELD WIPERS	Slow and controlled								
3 BARBELL ROWS TO 3 HANG CLEANS									
RFESS ISOMETRIC HOLD	Long stride, top of front thigh parallel to ground								
SINGLE ARM KB CLEAN, PRESS, WINDMILL	Alternate arms with each round								