	TRX & KETTLEBELL							
Training Style: Per	form resistance training exe	ercise for 5	50 second	s, 30sec b	reak, repe	eat set.		
	Date	/	/	/	/	/	/	/
	-	Rest 60-90 seconds after every i						
Resistance Training Exercises	Coaching Tip	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
KB INTRALATERAL LUNGES								
KB ALT. INSIDE ROWS								
JUMPING ROPE SLAMS								
TRX PLANKS								
KB KNEELING ROW TO STEP CLEAN								
KB DEADLIFT CLEAN OVERHEAD SQUAT								
TRX SINGLE ARM ROW + HOLD	2 second pause							
KB OUTSIDE SWINGS								
MB SWING + BEAR CRAWL								
KB SINGLE ARM FARMERS WALK								
BANDED LEG LIFTS								
TRX SPLIT SQUATS								