FULL BODY

Training Style: Perform resistance training exercise for XX seconds, XX sec break, repeat set.

				Date	/	/	/	/	/	/	/	/	/
Resistance Training Exercises		Sets		**Coaching Tip**	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
BACK SQUAT		4											
DEFICIT RDL		4											
SWISS BALL LEG CURL		4											
LATERAL STEP UP		4											
AB ROLL OUT		4											
BB ROW		4											
FLAT CHEST PRESS		4											
STANDING SHOULDER PRESS		4											
PULL UPS		4											
TRX PLANKS		4											