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 CONTRALATERAL LUNGES									
KB INTRALATERAL PLANK ROWS									
CLUB PULLOVER + SQUAT									
TRX STATIC ROW HOLD		use kb with one arm							
KB KNEELING BOTTOMS UP PRESSES									
KB IRON CROSS									
TRX HIGH ROWS									
KB DEADLFT HIGH PULL									
SLED PULL AND BURPEE									
KB DOUBLE CLEAN AND PRESS									
BATTLE ROPE STAND OFF									
TRX KNEE TUCKS									