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
CONVENTIONAL DEADLIFT		4											
WALKING LUNGES		4											
BOX JUMPS		4											
SINGLE LEG MED CALL CURL		4											
LEGS UP CRUNCHES		4											
TRX ROW HOLD		4											
SWISS BALL CHEST PRESS		4											
BB SHOULDER PRESS		4											
DB ROW		4											
PLANKS		4		During rest period doing push ups									