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
KB DROP CLEAN TO PRESS									
BANDED KB DEADLIFT									
BARBELL PENDLAY ROWS									
ALTERNATING CABLE TWISTS									
SUMO GOBLET SQUAT PULSES									
DB FLYES W/LEG RAISES									
TRX PULL UPS									
DB REVERSE LUNGE TO STEP UP									
VALISLIDE PUSH UP / KNEE TUCK									