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 REVERSE LUNGE + PRESS | | | | | | | | |
| DOUBLE KB HIGH PULL | | | | | | | | |
| CLUB SIDE LUNGE + DIP | | | | | | | | |
| ROPE ROWS W/ TRX | | | | | | | | |
| INTERCHANGING PUSHUPS ON KB | | | | | | | | |
| KB OVERHEAD SITUPS | | | | | | | | |
| TRX PENDULUMS | | | | | | | | |
| TOP HALF TURKISH GETUP | | | | | | | | |
| AB ROLLOUT | | | | | | | | |
| HIKE CLEAN + SLOW PRESS | | | | | | | | |
| SEATED A ROPE SLAMS | | | | | | | | |
| TRX BICEP CURLS | | | | | | | | |