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
SQUATS		4											
STEP UP-SQUEEZE UP		4											
TRX PISTOL SQUATS		4											
SUMO NEUTRAL GRIP RDL		4											
LYING LEG CURL		4											
INCLINE DB CHEST PRESS		4											
PENDLAY KB ROWS		4											
KB HEADCUTTERS		4											
WALL SIT BICEP CURLS		4											
BRIDGE SKULLCRUSHERS		4		During rest period doing push ups									