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 CLEAN INTO BACK LUNGES									
PULL COMPLEX									
1 PUSHUPS 2 RENEGADE ROWS									
STEP UP TO ARNOLD PRESS									
RDL INTO UPRIGHT ROW									
S/L ISO RDL BATWINGS									
ALT SIDE LUNGE- "RUSSIAN TWIST"									
KB TRIPLE CRUSH									
KNEE TUCK PULLOVERS									