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 HEADCUTTERS									
TRX ROW NEGATIVES									
SINGLE ARM CLUB SQUAT TO PRESS OUT									
CROSS-BODY KB CLEAN									
CA HEEL TAPS									
TRX Y'S & T'S									
KB FIGURE 8									
KB BOTTOM HALF GET UP									
BATTLE ROPE JUMPING JACKS									
TRX ROLLOUT									
STAGGERED STANCE SQUAT TO PRESS									
SIDE STEP KB SWINGS									