FULL BODY

Training Style: Perform resistance training exercise for XX seconds, XX sec break, repeat set.											
		Date	/	/	/	/	/	/	/	/	/
Resistance Training Exercises	Sets	Coaching Tip	Lbs								
FLAT DB SQUEEZE PRESS	4										
ARNOLD Z-PRESS	4										
CHEST SUPPORTED DB ROWS	4										
CHIN UP NEGATIVES	4										
KB UPRIGHT ROWS	4										
BARBELL ZERCHER SQUAT	4										
LOW CABLE RDL	4										
GOBLET SPLIT SQUATS	4										
WEIGHTED SIT-UPS	4										
SUMO BARBELL DEADLIFTS	4										