FULL BODY

Training Style: Perform resistance training exercise for XX seconds, XX sec break, repeat set.												
			Date	/	/	/	/	/	/	/	/	/
Resistance Training Exercises	Sets		Coaching Tip	Lbs								
TRAP BAR DEADLIFTS	4											
DB GOOD MORNINGS	4											
WALKING TRANSVERSE LUNGES	4											
KB GOBLET BULGARIANS	4											
OVERHEAD SQUATS	4											
ALTERNATING DB CHEST PRESS	4											
REVERSE GRIP BARBELL ROWS	4											
DB CURL TO PRESS	4											
DB FLAT FLY TO HEX PRESS	4											
TOE TAP PLANKS	4											