

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

[DB JERK TO SPRAWL](#)

[KB SQUATS](#)

[BENCH PUSH-UPS](#)

[DB ROW TO SPRAWL](#)

[FLOOR CHEST PRESS](#)

[KB DEADLIFTS](#)

[RUSSIAN TWISTS](#)

[KB SNATCH TO WINDMILL](#)

[BULGARIAN SPLIT SQUATS](#)