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
WAITER SQUAT TO PRESS									
TRX SKULL CRUSHERS									
DOUBLE RACKED REVERSE LUNGE									
KETTLEBELL ROW TO CLEAN									
TRX ASSISTED CHINUP HOLDS									
KETTLEBELL EXPLOSIVE DEADLIFTS									
MB SHOULDER SQUAT AND SLAM									
KETTLEBELL PISTOL SQUAT REGRESSION									
SHINBOX GETUP									
KETTLEBELL PRESS PROGRESSION									