FULL BODY

Training Style: Perform resistance training exercise for XX seconds, XX sec break, repeat set.

				Date	/	/	/	/	/	/	/	/	/
Resistance Training Exercises		Sets		**Coaching Tip**	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
4 SECOND ECCENTRIC SQUAT		4											
2 PHASE BACK LUNGE		4											
SLOW LEG CURL		4											
GOBLET PULSE SUMO SQUAT		4											
ONE LEGGED RDL		4											
DB FLAT CHEST PRESS SLOW		4											
DB PAUSE ROW		4											
KB ECCENTRIC UPRIGHT ROW		4											
KB CLEAN AND PRESS		4											
PAUSE CLOSE GRIP LAT PULLS		4											