HIRT

Training Style: Perform exercises for 20 sec , take 15 seconds rest , and repeat for 8 rounds.									
Date		1	1	1	1	1	1	1	1
Training Exercises	Coaching Tip	LB							
ALT. DB SNATCH									
DB RENEGADE ROW W/ SPRAWL									
DB TRICEP EXTENSION INTO ROW									
LYING FLOOR PUSH-UP W/ OBLIQUE TWIST									
KB TRICEP EXTENSION INTO OH SQUAT									
DB FLAT FLY INTO WEIGHTED CRUNCH									
SINGLE DB FRONTAL RAISE W/ ALT. <u>LUNGE</u>									
DB BICEP CURL TO PRESS + 1 SQUAT									
SINGLE KB ALT. CLEAN AND PRESS W/ CURTSY LUNGE									