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
KB SUMO TO UPRIGHT ROW									
KB PUSHUP TO KB NARROW SQUAT									
DB CLEAN AND JERK									
ONE LEGGED PLATE ROW									
ISO-LUNGE WITH S/A SHLDR PRESS									
REVERSE ROWS									
KB SWING INTO KB CLEAN									
DB FLAT FLY INTO ALT CHEST PRESS									
FIVE PUSHUP WITH 5 SQUAT THRUSTS									