## 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	
KB INTRALATERAL LUNGE										
KB ROW / HIGH PULL/ CLEAN										
TRX FACEPULLS										
KB LEG DRIVER										
KB 1 ARM INSIDE 1 ARM OUTSIDE SWING										
TRX PLANK										
KB SKULL CRUSHERS										
KB OVERHEAD CONTRALATERAL LUNGES										
ALTERNATING ROTATIONAL PRESSES										
TRX PULLUPS										