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
BENCH PRESS		4											
T-BAR ROWS		4											
STANDING OVERHEAD DB PRESS		4											
DB PULLOVERS		4											
CABLE UPRIGHT ROWS		4											
CONVENTIONAL DEADLIFT		4											
DB ROMANIAN + HOLD		4		hold entire round if possible									
COSSACK SQUAT		4											
HACK SQUAT W/ BALL		4											
DEADSTOP SWINGS		4											