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
BANDED HEX PRESS		4											
STANDING OVERHEAD BB PRESS		4											
SCRAPE THE RACK ROWS		4											
CABLE PRONATED ROWS		4											
BENCH TRAP LIFTS		4											
BARBELL SUMO DEADLFTS		4											
HIP BRIDGE		4		hold entire round if possible									
KB DEFICIT DEADLIFT		4											
PIN SQUATS		4											
WEIGHTED WALL SIT		4											