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
TRX ROW & HOLD									
SA KB DEADLIFTS									
KB THRUSTERS									
CA HEEL TAPS									
KB CLEAN INTO REVERSE LUNGE									
TRX SINGLE ARM ROW									
SINGLE KB PUSHUP									
PLANK SWIMMERS									
SINGLE ARM KB SWINGS									
KB PRESS FLY IN BRIDGE									