FULL BODY

Training Style: Perform resistance training exercise for XX seconds, 30 sec break, repeat set 4 times											
Note- XX changes every week as follows:		Date	/	/	/	/	/	/	/	/	/
Wk1- 40sec, Wk2- 30sec, Wk3-20sec, Wk4- 60sec			Take a 60 sec break				after each completed				
Resistance Training Exercises	Sets	Coaching Tip	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
SINGLE ARM ROW W/ STATIC HOLD	4										
KB TRIPLE CRUSH	4										
CABLE FACEPULLS	4										
LATERAL RAISE W/ STATIC HOLD	4										
ECCENTRIC CHEST PRESS	4										
NARROW DB SQUATS	4										
TRX TRIPLE THREAT	4										
UNILATERAL PARTIAL SPLIT SQUATS	4										
VALSLIDE LATERAL LUNGES	4										
BARBELL PAUSE SQUATS	4										