HIRT

Training Style: Perform exercises for 25 sec , take 10 seconds rest , and repeat for 8 rounds.										
Date		1	1	1	1	1	1	1	1	
			Take a 60sec break after each completed 8 rounds							
Training Exercises	Coaching Tip	LB	LB	LB	LB	LB	LB	LB	LB	
SUITCASE KB DEADLIFT	HIPS SQUARE HIGHER THAN KNEES, BACK STRAIGHT, HEAD NEUTRAL									
SINGLE-LEG KB DEADLIFT	EXTEND LEG OUT BEHIND									
SINGLE-ARM BB SUITCASE DEADLIFT	OVERHAND GRIP									
WEIGHTED DB BOX SQUATS	REST DB'S ON SHOULDERS UPRIGHT									
KB COMMANDO JUMP W/ SPRAWL & PUSH-UP	(PUSH-UP OPTIONAL)									
CLOSE-GRIP CHEST PRESS W/ MEDICINE BALL	SLIGHT ARCH IN BACK									
SEATED WALL SQUAT W/ DB LATERAL RAISE										
DB STANDING BICEP CURL W/ ARNOLD PRESS										
KB WINDMILL	ENGAGE CORE									