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 exercise								
Resistance Training Exercises	Sets	Coaching Tip	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
DB FLY W/ PRESS	4										
BB ROW ALTERNATE GRIP	4										
DB UPRIGHT ROW	4										
HAMMER CURL TO TRICEP EXTENSION	4										
DB PULLOVER	4										
MB STEP UP W/ KNEE RAISE	4										
WIDE GRIP DEADLIFT	4										
SWISS BALL LEG CURL	4										
BULGARIAN SPLIT SQUAT	4										
KB LATERAL LUNGE	4										