# HIRT

**Training Style:** Perform exercises for 25 sec , take 10 seconds rest , and repeat for 8 rounds.

| Date | / | / | / | / | / | / | / | / |
|---|---|---|---|---|---|---|---|---|
| | Take a 60sec break after each completed 8 rounds | | | | | | | |

| Training Exercises | Coaching Tip | LB | LB | LB | LB | LB | LB | LB | LB |
|---|---|---|---|---|---|---|---|---|---|
| REN ROW + THRUSTER | | | | | | | | | |
| KB SA SWING + CLEAN | | | | | | | | | |
| SA THRUSTER | | | | | | | | | |
| NARROW STANCE RACK & SUITCASE SQUAT | | | | | | | | | |
| SUMO FRONT SQUAT + HIGHPULL | | | | | | | | | |
| KB DEADLIFT | | | | | | | | | |
| BO ROW + KICKBACK | | | | | | | | | |
| CURL + OH PRESS | | | | | | | | | |
| FLOOR PRESS + PULL OVER | | | | | | | | | |