

TRX & KETTLEBELL

Training Style: Perform resistance training exercise for 40 seconds, 20sec break, repeat for 4 rounds

		Date							
		Rest 60 seconds after every completed round							
Resistance Training Exercises		Coaching Tip	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
<u>BOB & WEAVE</u>									
<u>HALOS</u>		Slow movement. Cue - Torso stability, shoulder mobility							
<u>SQUAT W/ KICK OUT</u>		alternate kicking leg							
<u>HI PULLS</u>		emphasis hip thrust (as always) and to pull with the elbow							
<u>REVERSE LUNGE W/ ROTATION</u>		KB in racked position							
<u>CLOCK PRESSES</u>		Short Arm Press, Long Arm Fly. Switch on each rep.							
<u>OVERHEAD KNEELING LUNGES</u>									
<u>SWINGS</u>		Please teach proper form and do not let clients go too light							
<u>QUICK, QUICK, SLOW LUNGES</u>									
<u>DBL KB CLEAN, SQUAT, PRESS</u>		Obviously starts from the floor but after first press then hang clean after. Emphasis internal rotation when releasing from the press on the swing throughs.							