## **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
TRX TS + YS	4										
NG DB INCLINE PRESS	4										
3PT ROW	4										
ALT DB FLOOR PRESS	4										
KB PULL THROUGH	4										
SE WEIGHTED BRIDGES	4										
GOBLET SQUAT + CALF RAISE	4										
GOBLET RDLS	4										
4 WAY LUNGES	4										
WEIGHTED RUSSIAN TWIST	4										