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:
Wk1- 40sec, Wk2- 30sec, Wk3-20sec, Wk4- 60sec

Take a 60 sec break after each completed

Resistance Training Exercises	Sets	**Coaching Tip**	Date / /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
			Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
CHEST PRESS	4	w/ BB on bench if equipment is available									
3 COUNT ROW	4	go heavy you have a lot of stabilization									
PLATE 8'S	4	using a plate, stand and press the plate out and up from the chest, straight and									
BO REV. FLY	4										
LYING TRICEP EXTENSION	4										
SWISS BALL WALL SQUAT	4	add weight if you need to challenge yourself more									
ROMANIAN DEADLIFT (RDL)	4										
SIDE STEP UP	4	add weight if you need to challenge yourself more									
SINGLE LEG GLUTE BRIDGE ON INVERTED BOSU	4	flat side of bosu up, one foot on it and bridge- pressing foot down and not forward									
OVERHEAD 10 & 2 LUNGES	4	holding a weight overheadalternate,lunging between the 10 and 2 o'clock									