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
DBL KB SWINGS									
TRX CURLS									
VS PIKES									
KB JUMP SQUAT									
TRX UH ROWS									
KB SQUAT HOLD + PRESS									
BACKWARD ROPE SLAMS									
KB ALT LEG RAISE									
KB CLEANS									
TBAR FORWARD/REVERSE LUNGES									