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
TRX ROWS									
HEAD CUTTERS									
1/2K LANDMINE PRESS									
VS SNOW ANGEL									
TRX REV FLY									
RACK/SUITCASE REV LUNGE W/ KNEE TUCK									
ALT DB FLOOR PRESS									
PLANK ROW									
GOBLET SQUAT HOLD									
STANDING OVERHEAD BB PRESS									