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
DB HEX PRESS	4										
BB RG ROW	4										
KNEELING ARNOLD PRESS	4										
SEATED CABLE ROW	4										
DB T RAISES	4										
BB GOOD MORNINGS	4										
DB FRONT SUMO SQUAT	4										
DB DEFECIT REVERSE LUNGE	4										
DB SL RDL	4										
KB DEADSTOP SWING	4										