## HIRT

Training Style: Perform exercises for 25 sec , take 10 seconds rest , and repeat for 8 rounds.									
Date		1	1	1	1	1	1	1	1
		Take a 60sec break after each completed 8 rounds							
Training Exercises	Coaching Tip	LB	LB	LB	LB	LB	LB	LB	LB
GOBLET SQUAT CALF RAISE									
NG FLOOR PRESS + PULL OVER									
3 WAY SQUAT THRUST									
HIGH PULL + PRESS									
DBL RACK SUMO SQUAT									
DYING BUG CRUNCH									
REV FLY + SCAPTION									
DBL KB DEADLIFT									
STAR CRUNCH									