

HIRT

Training Style: Perform exercises for 25 sec , take 10 seconds rest , and repeat for 8 rounds.									
Date	/	/	/	/	/	/	/	/	/
		Take a 60sec break after each completed 8 rounds							
Training Exercises	Coaching Tip	LB	LB	LB	LB	LB	LB	LB	LB
<u>OH KB SQUAT</u>									
<u>TK OH PRESS</u>									
<u>STRAIGHT ARM STRAIGHT LEG SIT UPS</u>									
<u>ALT SA KB CLEANS</u>									
<u>NS SUITCASE SQUAT</u>									
<u>WEIGHTED SUPERMANS</u>									
<u>HAMMER CURL + FRONT RAISE</u>									
<u>SL RDL + SA ROW</u>									
<u>REVERSE CRUNCH</u>									