HIRT

Training Style: Perform exercises for 20 sec , take 15 seconds rest , and repeat for 8 rounds.

Date	/	/	/	/	/	/	/	/

Training Exercises	Coaching Tip	LB	LB	LB	LB	LB	LB	LB	LB
HINDU PUSH UPS									
SA OVERHEAD KB REVERSE LUNGES									
SA RENEGADE ROWS	One hand on floor, Alternate arm with each round								
LEG RAISE TO REVERSE CRUNCH									
SEATED KB PRESS	Each rep starts in the rack position								
CABLE PULL THROUGHS	Maintain a flat back throughout the movement								
ASSISTED PULL UPS									
LEG ELEVATED CROSS BENCH CRUNCH									
ASSISTED DIPS									