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
DB NARROW SQUATS									
CORE CHEST PRESS									
KB SUMO SQUATS									
FLY CRUNCHES									
BULGARIAN SPLIT W/FRT RAISE									
WALL SIT CURLS									
ISO LUNGES W/SHLDR ROTATIONS									
S/L BRIDGE DB SKULLCRUSHERS									
MB OVERHEAD WALKING LUNGES									