TRX & KETTLEBELL

Training Style: Perform resistance training exercise for 50 seconds, 30sec break, repeat set.

		Date	/	/	/	/	/	/	/
			Rest 60-90 seconds after every interval						
Resistance Training Exercises		Coaching Tip	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
ALTERNATING KB SWINGS									
HALO + SQUAT									
SUPINATED TRX MTN CLIMBERS									
3 POINT KB PRESS									
COSSACK SQUAT + HIGHPULL									
BAND PULLUPS									
BEAST PRESSES									
TRX OVERHEAD SQUATS									
STAGGERED SWINGS									
PLATE PUSH									