FULL BODY

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

				Date	/	/	/	/	/	/	/	/	/
Resistance Training Exercises		Sets		**Coaching Tip**	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
ALTERNATING PENDLAY ROWS		4											
BANDED PULL-UPS		4											
T-RAISES		4											
3-POINT CHEST PRESS		4											
KNEELING LANDMINE PRESS		4											
2-PHASE DB FRONT SQUAT		4											
VALSLIDE RDL		4											
LATERAL LUNGES		4											
WEIGHTED ECCENTRIC STEP UPS		4		3-4 seconds coming down									
CABLE TWISTS		4											