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
ONE LEG OVER PRESSES		on ground							
STEP OVER CLEANS									
TRX BICEP CURLS									
KB OVERHEAD SQUAT									
1 OVER 1 UNDER FARMER CARRY									
KB JEFFERSON SWINGS									
KB SQUAT HOLD KNEE DROP									
TRX TABLETOP ROW + LEG RAISE									
MACE OVERHEAD REVERSE LUNGES									