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 SQUAT AND PRESS									
PLATE AB TWIST WITH CURTSY LUNGE									
DB ALT SNATCH W REVERSE LUNGE									
DB AB BEND W BICEP CURL									
DB RENEGADE ROW + 1 PUSH-UP									
DB SKULLCRUSHER INTO DB CHEST PRESS									
DB OH WALKING LUNGES									
DB POWERCLEAN AND JERK									
BULGARIAN SPLIT SQUAT W FRONTAL DB SHOULDER RAISE									