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
TRX ROWS									
KB SWING									
KB SUMO SQUAT									
KB 2PT ROW									
5 PUSH UPS & PLANK									
VALSLIDE MTN CLIMBERS									
5 JUMP SQUATS & AIR SQUATS									
KB 1/2K SA OH PRESS									
KB 1/2K SA ROW									
TRX KNEE TUCK									