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
KB DL + SUMO									
KB CLEAN									
DB REN ROW + MTN CLIMBERS									
DB FLOOR PRESS + KNEE TUCK									
DB BRIDGE + PULLOVER									
DB CURL + KICK BACK									
DB OH WALKING LUNGES									
DB FRONT + SIDE RAISE									
KB THRUSTER									