HIRT

Training Style: Perform exercises for 25 sec , take 10 seconds rest , and repeat for 8 rounds.

Date	/	/	/	/	/	/	/	/
	Take a 60sec break after each completed 8 rounds							

Training Exercises	Coaching Tip	LB	LB	LB	LB	LB	LB	LB	LB
SUITCASE KB DEADLIFT	HIPS SQUARE HIGHER THAN KNEES, BACK STRAIGHT, HEAD NEUTRAL								
SINGLE-LEG KB DEADLIFT	EXTEND LEG OUT BEHIND								
SINGLE-ARM BB SUITCASE DEADLIFT	OVERHAND GRIP								
WEIGHTED DB BOX SQUATS	REST DB'S ON SHOULDERS UPRIGHT								
KB COMMANDO JUMP W/ SPRAWL & PUSH-UP	(PUSH-UP OPTIONAL)								
CLOSE-GRIP CHEST PRESS W/ MEDICINE BALL	SLIGHT ARCH IN BACK								
SEATED WALL SQUAT W/ DB LATERAL RAISE									
DB STANDING BICEP CURL W/ ARNOLD PRESS									
KB WINDMILL	ENGAGE CORE								