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
KB RACKED + OH FARMER CARRY									
KB OVERHEAD SITUP + PRESS									
TRX LEG CURL									
KB PUSHUP+ L-SIT									
KB TACTICAL CLEAN AND SQUAT									
TRX Y RAISES									
KB ARM BAR									
SPIDERMAN PUSHUP WALK									
TRX LATERAL REVERSE LUNGES									
KB BANDED ROWS									