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
SPLIT SQUAT LUNGE W TRICEP EXT									
REN ROW, PUSH-UP + TOE TAP									
BICEP CURL TO ARNOLD PRESS + SPRAWL									
DB NARROW SUITCASE SQUAT INTO RDL									
HIP BRIDGE + DB CHEST PRESS INTO SKULL CRUSHER									
DB CLEAN & JERK + SPRAWL									
SINGLE DB GOBLET SQUAT INTO FRONT RAISE									
COASSACK W KB PRESS									
KB BURPEES									