

TRX & KETTLEBELL

Training Style: Perform resistance training exercise for 40 seconds, 20sec break, repeat for 4 rounds

		Date	/	/	/	/	/	/	/	
		Rest 60 seconds after every completed round								
Resistance Training Exercises		Coaching Tip	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	
<u>KB - 10 & 2 LUNGES</u>		Start in a neutral position with two KB. Step and lunge to the 10 o'clock point then back to neutral. Step to the 2 o'clock position and back. Repeat								
<u>KB - SA SWINGS</u>		Alternate arms between swings								
<u>TRX - TRICEP EXTENTIONS</u>		Start with elbows pointed at eye height and extend arms evenly. Do not pull arms down and keep hands apart.								
<u>KB - SQUAT TO SA - SL PRESS - ALTERNATING</u>		When coming out of the squat to the single leg, go into hip extension NOT flexion (leg back, not knee up)								
<u>KB - SWINGS</u>		Go heavier than you want to. Focus on the hip hinge and avoid the squatting and lifting of the kb.								
<u>TRX - REVERSE FLY</u>		When in the fully extended position, pause and squeeze the shoulder blades together								
<u>KB -HORSE STANCE ALTERNATING PRESSES</u>		stand like you are sitting on a horse - tall in the sadle.								
<u>KB - SL DEADLIFT W/ UNEVEN WEIGHT</u>		When returning to upright position try and maintain the one leg stance								
<u>TRX - KNEE TUCKS W/ A TWIST</u>										
<u>KB - PIRATE SHIPS</u>		Start in a wide stance. 1when bringing weight to the top of the swing - pause - and control the swing back to the other side								