

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	
<u>BURPEE CURL SHADOWBOX</u>	slow, controlled shadowbox									
<u>REVERSE LUNGE W/ TRICEP EXTENSION + CHOP</u>	Chop over front leg									
<u>SL DL W/ ROW TO OH PRESS W/ FORWARD KICK</u>	SA OH press w/ arm opposite front kicking leg									
<u>LEG LIFT + DB PRESS TO STARFISH</u>										
<u>SUMO SQUAT W/ SA DB CURL + 90° STATIC DB HOLD</u>										
<u>TRICEP PUSH-UP W/ WIDE KNEE TUCK</u>	Modification; switch wide knee tuck to plank jack. Wide knee tuck in down position									
<u>SIDE PLANK W/ KB DELT RAISE + PRESS</u>										
<u>LAT LUNGE W/ ROW</u>	Lunge to right bringing left hand to right foot and rowing with right arm. Vice versa for other side									
<u>KB PRESS SIT-UP FORWARD PRESS</u>										