FULL BODY

Training Style: Perform resistance training exercise for XX seconds, 30 sec break, repeat set 4 times

Note- XX changes every week as follows:
Wk1- 40sec, Wk2- 30sec, Wk3-20sec, Wk4- 60sec

Take a 60 sec break after each completed

Resistance Training Exercises	Sets	Coaching Tip	Date / /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
			Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
ALT. MEDICINE BALL SPIDERMAN PUSH-UPS	4										
KNEELING BATTLE ROPE WAVES	4										
ONE ARM OVERHEAD KETTLEBELL SITUPS	4										
SNATCH GRIP DEADLIFT	4										
ZOTTMAN CURLS	4										
ONE LEG T-BAR RDL	4										
GOBLET IN AND OUT SQUATS	4										
ALT. OVERHEAD REVERSE PULSE LUNGES	4										
SWISS BALL HAMSTRING CURLS	4										
TRX PIKES	4										