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
KB SWINGS	Hinge & Thrust don't Bend & Lift								
SINGLE LEG GLUTE BRIDGE	Set planted foot close to the butt as possible. The other leg is raised but not higher than the bent knee.								
HAND WALK PUSH UPS									
B.O. NARROW ROW	Traditional 2 pt. rowworking the lats								
ALTERNATING SPEED CURLS	Using DB's and either hammer curls or regular curls as fast as possible while maintaining good form								
THRUSTERS	Squat, as to the grass, and press the weight of your choice overhead while coming out of squat								
2 PUSH UPS - 4 MOUNTAIN CLIMBERS									
B.O. WIDE ROW - DB'S	Using DB's bend over in a 2 pt stance with hands wide and row back targeting the rear delts and upper back								
JUMPING LUNGES W/ A TWIST	Assume a split squat position, hold a single KB or weighted ball near the back hip. Jump up and switch legs while moving weight to other hip.								