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	
SA TRX ROW W/ SA KB PRESS										
KB SWING W/ SIDE STEP										
KB REVERSE LUNGE/ROT W/ HALO										
TRX ARCHER ROW										
KB DUAL POWER CLEAN										
BURPEE TO KB SUMO PULL/CATCH/SQUAT										
TRX SKATERS										
OFFSET KB SINGLE LEG RAISE										
KB CATCH/RELEASE										
TRX SINGLE CURL TO DUAL CURL										