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:		Date	/	/	/	/	/	/	/	/	/
Wk1- 40sec, Wk2- 30sec, Wk3-20sec, Wk4- 60sec			Take a 60 sec break after each completed								
Resistance Training Exercises	Sets	Coaching Tip	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
SA KETTLEBELL CHEST PRESS	4										
DB BICEP CURL TO PRESS	4										
PLATE FIGURE 8'S	4										
DB REVERSE FLY TO DB ROW	4										
DIAMOND PUSH UP	4	Regression separate hands									
KETLLEBELL FRONT SQUAT	4										
BARBELL DEADLIFTS	4										
KETTLEBELL STEP UPS	4										
SLIDER REVERSE LUNGE	4										
SINGLE ARM SUITCASE CARRY	4										