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
INCLINE DB PRESS	4										
SA CABLE LATERAL RAISE	4										
SUPPORTED DB ROW	4										
TALL KNEEL KB SKULLCRUSHER	4										
DB CURL TO ARNOLD PRESS	4										
BB FRONT SQUAT	4										
BANDED HAMSTRING CURL	4										
SIDE PLANK LEG LIFT	4										
WALKING LUNGE W/ CALF RAISE	4										
DEFICIT DEADLIFT	4										