

## 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
<a href="#"><u>TRX ROW INTO Y RAISE</u></a>		Alt. row and Y raise every rep							
<a href="#"><u>GUNSLINGER LUNGE</u></a>									
<a href="#"><u>SIDE PLANK KB ROW W/ LEG LIFT</u></a>									
<a href="#"><u>TRX PUSH-UP INTO FLY</u></a>		Alt. row and fly every rep							
<a href="#"><u>HIGH/LOW PLANK W/ KB DRAG</u></a>									
<a href="#"><u>HIGH PULL BURPEE</u></a>									
<a href="#"><u>TRX PLANK JACK PIKE</u></a>									
<a href="#"><u>KB PUSH-UP &amp; ROW</u></a>		One arm rows, one arm push-up							
<a href="#"><u>KB RUSSIAN TWIST W/ FRONT RAISE</u></a>									
<a href="#"><u>TRX CURLS &amp; TRICEP EXTENSION</u></a>		Alt. curls and tri. Ext. every set							