FULL BODY

Training Style: Perform resistance training exercise for XX seconds, 30 sec break, repeat 3-5 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
STANDINGPLATE PRESSES	3-5										
DB LAT RAISES W/BOUNCE	3-5	bring the db halfway down, up fully, then down fully									
DB HAMMER CURL TO PRESS	3-5										
BB BENT OVER ROW	3-5										
KNEELING OVERHEAD TRICEP EXTENSION	3-5										
OFFSET DB SQUATS TO CALF RAISE	3-5										
DB HIP THRUSTS	3-5										
SL KETTLEBELL RDL	3-5										
SUMON SQUAT PULSES	3-5										
BANDED SIDE STEP	3-5										