HIRT

Training Style: Perform exercises for 25 sec , take 10 seconds rest , and repeat for 8 rounds.									
Date		1	1	1	1	1	1	1	1
		Take a 60sec break after each completed 8 rounds							
Training Exercises	Coaching Tip	LB	LB	LB	LB	LB	LB	LB	LB
LATERAL LUNGE TO KNEE RAISE W/ SA PRESS									
SIDE PLANK W/ CLAM SHELL	hips dont rotate								
SPLIT STANCE DB ROW									
FROG PUMP W/ SA CHEST PRESS									
DB SPLIT SQUAT W/ PULSE									
BENT OVER BICEP CURL									
STAGGERED STANCE KB DEADLIFT									
V-SIT W/ SA LATERAL RAISE	Can have one or both knees bent								
REVERSE FLY TO W RAISE									