HIRT

Training Style: Perform exercises for 25 sec , take 10 seconds rest , and repeat for 8 rounds.

Date	/	/	/	/	/	/	/	/
	Take a 60sec break after each completed 8 rounds							

Training Exercises	Coaching Tip	LB	LB	LB	LB	LB	LB	LB	LB
SL BRIDGE HOLD + CHEST FLY									
SA BALL SLAM	Can be SA DB snatch								
JACK KNIVES									
HEX PRESS									
GOBLET SQUAT + CALF RAISE									
ROTATING PLANK									
UH ROW									
KB CLEAN									
RDL + REVERSE LUNGE									