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	Sets	Coaching Tip	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
TRX ATOMIC PUSH-UPS	4								
KETTLEBELL FIGURE 8	4								
SA KB CLEAN AND SQUAT	4								
TRX CRUNCH CURL	4								
OH FARMER CARRY	4								
TRX INVERTED ROW	4								
SA CURTSY LUNGE	4								
KB SIT-UP TO PRESS	4								
TRX HAMSTRING CURL	4								
KB SIDE LUNGE TO PRESS	4								