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: Wk1- 40sec, Wk2- 30sec, Wk3-20sec, Wk4- 60sec		Date	/	/	/	/	/	/	/	/	/
vvk1- 40sec, vvk2- 30sec, vvk3-20sec, vvk4- 60sec			Take a 60 sec break after each completed								
Resistance Training Exercises	Sets	Coaching Tip	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
LYING DB PRESS W/PEC FLY	3-5	In a bridge									
ALT FRONT RAISES	3-5										
SATIC BICEP HOLD CARRY	3-5										
SA REVERSE FLY W/SA PLANK	3-5										
DB SKULL CRUSHERS INTO CLOSE BENCH	3-5										
ALT DB SQUATS	3-5										
DB BULGARIAN SPLIT SQUATS	3-5										
PHYSIOBALL HAMSTRING CURLS/BRIDGE	3-5	Vailslides if not enough physioballs									
VAILSLIDE CURTSEY LUNGE	3-5										
DB SPRINTERS LUNGE	3-5										