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 - SQUAT JUMP	4								
KB HALO'S - FLAMINGO STYLE	4	Standing on 1 leg							
KB BOTTOM UP PRESS	4								
TRX - REV LUNGE JUMPS	4								
KB SA HI PULL	4								
PIRATE SHIPS	4								
TRX STANDING ARM ROTATIONS	4								
KB REV LUNGE & PRESS	4								
TRX - THE BACK - LO PULL- ROW- OVERHEAD PUL	4								
KB - ALT SA CLEAN & SQUAT	4								