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 PISTOL SQUAT	4								
KETTLEBELL SA HIGHPULL	4	Standing on 1 leg							
RACKED KETTLEBELL WALKING LUNGES	4								
TRX ARCHER PUSH-UPS	4								
KETTLEBELL VAILSLIDE BEARCRAWL	4								
KETTLEBELL WINDMILLS	4								
TRX SA ROW TO SA PRESS	4								
LUMBAR STRETCH TO SA KETTLEBELL PRESS	4								
KETTLEBELL WALKOUT TO KETTLEBELL DRAG	4								
KETTLEBELL ROMANIAN DEADLIFTS	4								