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	Take a 60 sec break after each completed						/	/	
Resistance Training Exercises	Sets	Coaching Tip	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
BOSU BALL ARNOLD PRESS	3-5										
V GRIP T-BAR ROWS	3-5										
STATIC FRONT HOLD + LATERAL RAISES	3-5										
SEATED CABLE LAT PULL DOWNS	3-5										
INCLINE TATE PRESS	3-5										
DEFICIT DL	3-5										
PULSE REVERSE LUNGES	3-5										
SNATCH INTO SQUAT	3-5										
KB SL SIT-UPS	3-5										
KB SIDE-TO-SIDE LUNGES	3-5										