HIRT

Training Style: Perform exercises for 25 sec , take 10 seconds rest , and repeat for 8 rounds.									
Date		1	1	1	1	1	1	1	1
		Take a 60sec break after each completed 8 rounds							
Training Exercises	Coaching Tip	LB	LB	LB	LB	LB	LB	LB	LB
FARMER SQUAT + RDL									
<u>INCHWORM + PUSH UP</u>									
FARMER LUNGE + JUMP SQUAT									
BO CURL + SCAPTION									
SHOULDER TAP + SQUAT THRUST									
KB CLEAN/SQUAT/PRESS									
PULLOVER + SIT UP									
GOBLET GOODMORNING + SIDE LUNGE									
BRIDGING HEX PRESS + FLY									