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 FLY	4								
KB FIGURE 8	4								
KB OH UP DOWNS	4								
SUSPENDED SL TRX LUNGE	4								
KB DUAL POWER CLEAN	4								
KB SL SA BENTOVER ROW	4								
SUSPENDED TRX PUSH-UP W/ CRUNCH	4								
WALKING KB PASS THROUGH LUNGE	4								
KB HAMSTRING WALKOUT	4								
KB GOBLET SQUAT/SQUAT JACKS	4								