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	/	/ Tak	e a 60 se	/ ac break	after eac	h comple	/	/	/
Resistance Training Exercises	Sets	Coaching Tip	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
KNEELING CRUSH GRIP INCLINE PRESS	3-5										
ARM CLAP/FORWARD CLAP	3-5										
INCLINE SIT-UP BICEP CURL	3-5										
SA BO DB W'S	3-5										
DB JM PRESS	3-5										
WEIGHTED WALLSITS	3-5										
SL HIP THRUSTS	3-5										
DB SPRINTERS LUNGE W/ CALF RAISE	3-5										
SQUAT HOLD BANDED SIDE STEPS	3-5										
DB SUMO SQUATS INTO SUMO DEADLIFTS	3-5										