HIRT

Training Style: Perform exercises for 25 sec , take 10 seconds rest , and repeat for 8 rounds.

Date	/	/	/	/	/	/	/	/
	Take a 60sec break after each completed 8 rounds							

Training Exercises	Coaching Tip	LB	LB	LB	LB	LB	LB	LB	LB
KB LUNGE PASS-THROUGH									
REVERSE PLANK									
ALT. CHEST PRESS W/HIPLIFT									
HEX ROWS									
PLANK + FRONTAL RAISE									
BULGARIN SPLIT SQUATS									
DB RDL INTO ROW									
SEATED KNEE RAISE									
SPRAWLS									