FULL BODY

Training Style: Perform resistance training exercise for XX seconds, 30 sec break, repeat set 4 times											
Note- XX changes every week as follows:		Date	/	/	/	/	/	/	/	/	/
Wk1- 40sec, Wk2- 30sec, Wk3-20sec, Wk4- 60sec			Take a 60 sec break after each completed								
Resistance Training Exercises	Sets	Coaching Tip	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
STRAIGHT ARM LAT PULLDOWN W/ROPE											
ALT DB CHEST PRESS ON FIT BALL											
DB" HAMMER CURL GRIP" W RAISES											
TRX TRICEP EXTENSION											
OH STRAIGHT ARM PLATE RAISE											
STEPPING LUNGE W/ SINGLE DB		DB in opposite arm from front leg. Make sure hips do not wobble.									
POWER CLEAN & JERK W/ BB											
SL BRIDGE ON BOSU W/ ANKLE FLEXION											
LATERAL LUNGE ON STEP		Do not push up from floor, pull yourself up as much as possible.									
SEATED AB CIRCLES		change directions with each set									