## **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 CHEST PRESS TO SUPERMAN	4								
KB LATERAL LUNGE TO ROW	4	Row with opposite arm you lunge with							
SA KB LATERAL STATIC HOLD/ALT OH PRESS	4	OH press in opposite arm during static hold							
TRX UH 4 SEC. ECCENTRIC ROW	4								
KB HIGH/LOW SWINGS	4								
KB TRICEP PUSHUPS	4	regress to knees							
TRX MT. CLIMBERS	4								
KB OFFSET DEADLIFT	4								
KB SQUAT TO HIGHPULL	4								
SEATED KB FIGURE 8'S	4								