

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
<u>SQUAT HOLD + DB PUNCHES</u>									
<u>KB TRIPLE THREAT</u>									
<u>REVERSE LUNGE + KNEE TUCK</u>									
<u>RENEGADE ROWS</u>									
<u>DOUBLE KB SWINGS</u>									
<u>KB RDL AND ROW</u>									
<u>HALF-KNEELING SINGLE-ARM DUMBBELL CURL TO PRESS</u>									
<u>GOBLET HOLD SQUATS</u>									
<u>PENGUINS</u>									