

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

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Take a 60 sec break after each completed

Resistance Training Exercises	Sets	Coaching Tip	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
<u>DB ISO BENCH PRESS</u>	3-5									
<u>BIRD DG ROW ON BENCH</u>	3-5									
<u>LANDMINE PRESS</u>	3-5									
<u>TRX ROW W/ TIGHT ROTATION</u>	3-5									
<u>BB PENDALY ROW</u>	3-5									
<u>WALKING SQUAT</u>	3-5									
<u>TRAP BAR DEADLIFT</u>	3-5									
<u>STEP THROUGH LUNGE</u>	3-5									
<u>BANDED PULL THROUGH</u>	3-5									
<u>HK KB CHOP</u>										