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
SL BRIDGE DB CHEST PRESS INTO FLY									
BICEP CURL INTO T RAISE									
DBL DB SUMO SQUAT INTO PUSH PRESS									
INCH WORM INTO DB RENEGADE ROW									
SIDE PLANK W DB TWIST									
BO DB ROW INTO BO FLY									
SA SNATCH INTO SPRAWL									
SPLIT SQUAT W DB TRICEP EXT									
DBL DB POWERCLEAN AND JERK									