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 SL ROW	4								
KB SA PAUSE DEADLIFT	4								
KB SLING SHOT/CHOP	4								
TRX FALLOUT/SA PRESS/TRICEP EXT	4								
KB VIKING SNATCH	4								
KB DEADBUG PRESS	4								
TRX ASST PULLUP	4								
KB CROSS BODY CLEAN	4								
KB 3-WAY LUNGE	4								
KB CATCH/RELEASE ROW	4								