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

Take a 60 sec break after each completed

Resistance Training Exercises	Sets	**Coaching Tip**	Date / /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
			Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
INCLINE OFFSET LOADING INCLINE DB PRESSES	3-5										
DB LAT RAISES W/TWIST	3-5										
SA DB HAMMER CURL/STATIC HOLD	3-5										
SA BANDED DB ROW	3-5										
MED BALL DIAMOND PLANK	3-5										
WALKING DB OFFSET LUNGES	3-5										
DB STAGGERED STANCE RDL	3-5										
SUMO SQUAT PULSES	3-5										
BANDED HAMSTRING CURLS	3-5										
DB SQUAT HOLD WALKS	3-5										