

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>FLAT DB AROUND THE WORLD,HIP BRIDGE W HAMSTRING WALKOUT</u>									
<u>SPLIT STANCE BO BICEP CURL INTO ROW</u>									
<u>WEIGHTED ALT VUP</u>									
<u>KNEELING KB SQUAT W PRESS</u>									
<u>SL CROSSOVER BRIDGE W NG CHEST PRESS</u>									
<u>SPLIT SQUAT HOLD W LAT RAISE</u>									
<u>BO DB TRICEP KICKBACK W FRONTAL RAISE</u>									
<u>KB DEADSTOP SWING W BO HIGH PULL</u>									
<u>SA POWERCLEAN & JERK + SPRAWL</u>									