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
SA TRX ROW W/ FRONT RACK HOLD	4								
LATERAL KB CLEAN TO COSSACK SQUAT	4								
CROSS BODY KB SWING	4								
TRX ANTI ROTATION VERTICAL PRESS	4								
BANDED KB DEADLIFT	4								
FRONT SQUAT TO ROTATIONAL PRESS	4								
TRX CROSS CURL	4								
SA FRONT RACK LATERAL STEP UP TO RL	4								
KB HELMS ROW	4								
KB PIVOT SWING	4								