

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>SINGLE LEG CHEST PRESS W/ ALT LEG LIFT</u> | First exercise for first 6 rounds second for last two | | | | | | | | |
| <u>STARFISH</u> | First exercise for first 6 rounds second for last two | | | | | | | | |
| <u>CURL SQUAT INTO ARNOLD PRESS</u> | squat and curl at same time,arnold presswhile holding squat | | | | | | | | |
| <u>REN. ROW</u> | Set 7 one arm, set 8 other | | | | | | | | |
| <u>SA PLANK W/ ISO ROW</u> | | | | | | | | | |
| <u>KB CLEAN PRESS</u> | | | | | | | | | |
| <u>PJ BURPEE</u> | PJ = plank jack | | | | | | | | |
| <u>SUMO SQUAT HOLD TRIPLE THREAT</u> | | | | | | | | | |
| <u>DB GOOD MORNINGS INTO NG PRESS</u> | NG = neutral grip | | | | | | | | |