

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
<u>TRX POWER PULL</u>	4	make sure TRX straps are secured together							
<u>KB SHOT PUT</u>	4								
<u>KB SA RDL</u>	4								
<u>KB SA SWING</u>	4	can alternate if you feel comofortable							
<u>TRX ICE SKATERS</u>	4								
<u>KB SA CLEAN- SQUAT-PRESS</u>	4								
<u>KB BOB & WEAVE</u>	4	keep you eyes up and head level							
<u>KB OH OFFSET CARRY</u>	4								
<u>TRX - SKYDIVING SIDE TO SIDE</u>	4	This is like a superman hold but you initiate and stabilize your movements with your core Slow and deliberate movement.							
<u>KB HALO'S</u>	4	Torso stability and shoulder mobility							