

Customer name:HITT

Saturday, July 28, 2018

Monday	Sets	Amount	Total	Thursday	Sets	Amount	Total
Frontal lateral on swiss	4x1min		0	Overhead squats	3x1min		0
Directional lunges	3x1min		0	Jump squats	3x1min		0
Squat to press	3x1min		0	RDL's	3x1min		0
TRX fallouts	3x1min		0	bosu ball mt climbers	3x1min		0
TRX rows	3x1min		0	Flutter kicks	3x1min		0
			0				0
			0				0
			0				0
			0				0
			0				0
5			0	5			0
Tuesday	Sets	Amount	Total	Friday	Sets	Amount	Total
TRX tricep ext	3x1min		0	Med ball slams	3x1min		0
TRX dips	3x1min		0	Step ups	3x1min		0
TRX rear delt flies	3x1min		0	Renegade rows	3x1min		0
curl to military press	3x1min		0	Russian twist	3x1min		0
Db arm circles	3x1min		0	Db Trcep kickbacks	3x1min		0
			0		3x1min		0
			0				0
			0				0
			0				0
5			0	5			0
Daily Totals				Weekly total			
Abs			Monday 0				0
Monday			Tuesday 0				
3x30 crunches			Thursday 0				
			Friday 0				
Tuesday							
V-ups 2x20							
Thursday							
Plank 3X 1:30sec (each side)							
Friday							