

TRX & KETTLEBELL

Training Style: Perform resistance training exercise for 50 seconds, 30sec break, repeat set.

			Date	/	/	/	/	/	/
			Rest 60-90 seconds after every interval						
Resistance Training Exercises	Sets	Coaching Tip	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
KB DOUBLE SNATCH DROPSQUAT INTO PRESS	3								
TRX BULGARIAN SPLIT SQUATS	3								
SUICIDE SPRINTS	3	outside if possible							
DOUBLE KB DEADLIFT INTO BURPEE SIT THROUGH	3								
TRX PULLUPS	3								
BOSU BALL CHEETAH RUNS	3								
KB SINGLE ARM SIDE SWINGS	3								
TRX PLATFORM SQUAT JUMPS	3								
BOX JUMP BURPEES	3								
KB KNEELING PRESS TO STANDUP	3								
TRX SKULL CRUSHERS	3								
PLYO LATERAL STEPUPS	3								