

FULL BODY

Training Style: Perform resistance training exercise for 30 seconds on, 45 sec off, repeat set. GO HEAVY!!!

Date

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Resistance Training Exercises

Sets

Coaching Tip

Lbs

Lbs

Lbs

Lbs

Lbs

Lbs

Lbs

BARBELL SQUAT

4

DUMBBELL REVERSE LUNGES

4

CONVENTIONAL BARBELL
DEADLIFT

4

ZERCHER MED BALL STEP UPS

4

MED BALL GLUTE BRIDGE

4

STANDING DUMBBELL PRESS

4

REVERSE GRIP CABLE
PULLDOWNS

4

FLAT DUMBBELL BENCH

4

DUMBBELL SUITCASE ROWS

4

TRX IYT's

4