HIRT

Training Style: Perform exercises for 20 sec , take 15 seconds rest , and repeat for 8 rounds.

Date	/	/	/	/	/	/	/	/

Training Exercises	Coaching Tip	LB	LB	LB	LB	LB	LB	LB	LB
PUSH UPS									
INCLINE DUMBBELL PRESS									
OVER HEAD SQUAT									
SA KETTLEBELL SNATCH									
STANDING SHOULDER PRESS									
DIPS									
DUMBBELL TEMPO SQUATS									
WALL-SITS									
REVERSE LEG RAISES	STATIC LEG RAISES ON BREAK								