FULL BODY

Training Style: Perform resistance training exercise for XX seconds, XX sec break, repeat set.											
		Date	/	/	/	/	/	/	/	/	/
Resistance Training Exercises	Sets	Coaching Tip	Lbs								
DB OR KB DEADLIFT	4	slow eccentric move then drive back to military posture									
2 PHASE WALKING LUNGE	4	2 lunges the step fwd									
ALTERNATE SINGLE LEG RDL	4	2 sec down, 1 sec stop, 1 sec up									
FRONT SQUAT BUTT TAPS	4	2 sec down, stop, 2sec up									
SINGLE LEG WEIGHTED BRDIGE W/PAUSE	4	slow and controlled NO momentum									
ECCENTRIC DB INC CHEST PRESS	4	3 sec down, burst up									
DB OR KB ROW W/A PAUSE	4	row up, hold 2, row down									
DB SHOULDER R,L,TOGETHER	4	db eye level, press R, then L, then together									
CLOSE GRIP LAT PULL	4	Rotate group thru 10 reps NO REST									
DB UPRIGHT ROW	4	slow and controlled NO momentum									