	S Rings Barbell		<u>Notes:</u> <u>Full Body A</u>		<u>Dates of Training:</u>		<u>g:</u>	<u>Phase:</u>			<u>Athlete / Goal</u>		
A1	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT	>	TEMPO:						
WK1 WK2 WK3 WK4	4-6		Push ups 20-40 sec, rest 45										
A2	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT ->		TEMPO:						
WK1 WK2 WK3 WK4	4-6		Goblet Squats 20-40 sec, rest 45										
A3	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT 🔿		TEMPO:						
WK1 WK2 WK3 WK4	4-6		Kettlebell or DB rows 15-30 sec each side, no rest between sides, then rest 45 s										
A4	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT -		TEMPO:						
WK1 WK2 WK3 WK4	4-6		Furniture slider or swiss ball hamstring curls 20-40 sec, rest 45										
A5	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT 🔿		TEMPO:						
WK1 WK2 WK3 WK4	4-6		1 Arm DB presses 15- 30 sec each side, no rest between sides, then rest 45 sec										
A6	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT ->		TEMPO:						
WK1 WK2 WK3 WK4	4-6		Butterfly Lunges 20- 40 sec, rest 2-3 min										