

MIIT Training Session - Initial

Client Name	Franklin Roach	
Session Notes	Work for 30 seconds, rest for 30 seconds	
Warm-Up 5 Minute Walk on the treadmill at 5kph		
Mobilization/Activation: 5 reps of the following:		
<ul style="list-style-type: none"> - Cat/Cow - World's Greatest Stretch - Walk the dog 		
Exercise	Time	Rest
Box Squat	30	30
Glute Bridge	30	30
KB Swing (Russian)	30	30
Hand Release Push-Ups	30	30
Band Pull Aparts	30	30
Bench Dips	30	30
DB Curls	30	30
Russian Twist	30	30
Leg Lowers	30	30
Ab Crunches	30	30
2 Rounds with 2 minutes in between each round We will add 2 seconds of work and reduce 2 seconds of rest every week for a month. Full stretches to finish		