		EMOM										
Training Styl	e: Per	form two exe	ercises back-to-back i	n a one	minute	time fr	ame. P	erform	5 round	S.		
			Date	/	/	/	/	/	/	/	/	/
Training Exercises Exer #			Coaching Tip	Rest: 90 seconds after each completed round Reps Reps Reps Reps Reps Reps Reps								Reps
DB POWERCLEAN & JERK	1a	10 + 2	ODD #'S ARE WEIGHTS	Reps	Keps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
SQUAT THRUSTS	1b	30	EVEN #'S ARE CARDIO									
BB WIDE GRIP ROW	2a	10 + 2										
PLANK W SHOULDER TAPS	2b	40										
KB SITUPS	3a	15 + 2										
ROPE JACKS	3b	30										
DB GLUTE HIP THRUSTS	4a	15 + 2										
BURPEES	4b	15										
DB SNATCH	5a	8 each arm + 2										
MOUNTAIN CLIMBERS	5b	30										
TRX PISTOL SQUATS	6a	10 each leg + 2										
INCH WORMS W JUMP	6b	20										
DBL KB RDL	7a	10 + 2										
KB SWINGS	7b	20										