EMOM

Training Style: Perform two exercises back-to-back in a one minute time frame. Perform 5 rounds.

			Date	/	/	/	/	/	/	/	/	/
				Rest: 90 seconds after each completed round								
Training Exercises	Exer #		Coaching Tip	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
GOBLET SQUAT	1a	10-12-12-15-10										
PUSH UPS	1b	10-8-6-5-5										
SWINGS	2a	15-20-25-12-10										
SIT UPS	2b	5-5-5-6-8										
OH PRESS	3a	6-8-5-6-8										
JUMP SQUAT	3b	12-12-15-10-10										
PULL OVER	4a	10-10-12-15-10										
V UPS	4b	6-8-5-5-10										
CHEST FLY	5a	10-10-10-10-10										
JUMP LUNGES	5b	10-12-10-12-20										
SUMO SQUAT + HIGH PULL	6a	10-12-10-12-8										
SPRAWLS	6b	5-6-5-6-8										
REVERSE FLY	7a	10-12-10-12-10										
ICE SKATERS	7b	12-14-16-18-20										