## **EMOM**

Training Style: Perform exercise "a" for alloted reps and rest for remaining time left to complete 60 second total duration. Perform exercise "b" for alloted reps and rest for remaining time left to complete 60 second total duration. Then exercse "a" again, then "b" then "a" thus totalling 5 rounds.

			Date	/	/	/	/	/	/	/	/	/
		•		Rest: 90 seconds after each completed round								
Training Exercises	Exer #	Reps	Coaching Tip	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
CURTSEY LUNGE W/ PRESS	1A	8 6 8 10 6	Reps are total number									
<u>JUMPSQUATS</u>	1b	7 10 7 5 15										
ALT CHEST PRESS 1/ ALT LEG LIFT	2A	12 12 10 12 20	lift opposite leg and arm									
FB PLANK JACK	2b	771075	FB (full body)- modification: plank jack w/soulder tap									
CURL-PRESS-TRI. EXT	3a	5 8 8 5 12										
<u>BURPEE</u>	3b	53353										
RENEGADE ROW	4a	8 10 12 10 12										
JUMPING JACKS	4b	25 20 15 20 20										
DB CLEAN PRESS	5a	6 6 8 10 8										
PENGUIN SHUFFLE	5b	30 30 30 20 40										
HOLD SQUAT W/ T-RAISE	6a	5 8 8 10 8	Front raise into lateral drop into lateral raise into front drop									
FLOOR MB HIP THRUST	6b	20 15 15 12 20										
DBL KB RDL W/ SHRUG	7a	5 6 8 6 10										
INCHWORM INTO WIDE KNEE TUCK	7b	10 8 6 8 10										