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
LANDMINE DEADLIFT	1A	15										
ROPE SKIPS	1b	40										
ISOMETRIC ALT DB ROW	2A	12										
DB SKIERS	2b	20										
DB SQUAT THRUSTERS	За	15										
DB SIT UP CHOP	3b	8 per side										
REVERSE LUNGE W/ CHOP	4a	6 per side										
KB WALKOVERS	4b	12										
RUSSIAN KB SWING	5a	20										
PENDALAY ROW	5b	20										
ROPE SLAM W/ SPIDER CLIMBER	6a	10										
DB GOOD MORNINGS	6b	15										
KB SQUAT JUMP/WALKBACK	7a	10										
FEET ELEVATED BRIDGE	7b	20										