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
DB CLEAN INTO SQUAT THRUSTERS	1A	10										
LATERAL BEAR CRAWL	1b		CARDIO FOR WHOLE MINUTE									
PLANK PLATE SLIDE	2A	10										
TOUCH DOWN SQUAT JACKS	2b											
KB TRIPLE THREAT	3a	10										
SQUAT THRUSTERS	3b											
BO DB ROW	4a	10										
STANDING AB ROTATION	4b											
DB LATERAL RAISES	5a	10										
SLAMBALL PLANK	5b											
DB FLAT FLY	6a	10										
KB OH FARMERS WALK	6b											
SINGLE LEG GLUTE BRIDGE	7a	10										
BURPEE	7b											