

EMOM

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

a	Date	/	/	/	/	/	/	/	/	/	/
Rest: 90 seconds after each completed round											

Training Exercises	Exer #	Reps	Coaching Tip	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
PUSH-UP SHOULDER TAP	1A	15									
BICYCLES	1b										
STANDING AROUND THE WORLDS	2A	10									
DB STATIC CURL HIGH KNEES	2b										
TRIPLE PAUSE SQUAT	3a	10									
3 WAY SQUATS	3b										
RENEGADE SPIDER ROWS	4a	10 total									
KB SWINGS	4b										
ZOTTMAN CURLS	5a	10									
QUICK FEET SPRAWLS	5b		spralws happen at coach's discretion								
CHEST FLY	6a	15									
DOWN PUSH-UP PLANK	6b										
DB GOOD MORNINGS	7a	10									
KB HIGH PLANK TOE TOUCH	7b										