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 CHEST PRESS SIT UP	1A											
WALKOUTS	1b											
DB POWER CLEAN OVER	2A											
UP DOWN PLANKS	2b											
OVERHEAD EXTENSION THRUSTER	3a											
SCISSOR JACK BURPEES	3b											
DB UNDER HAND DEAD ROW	4a											
WEIGHTED QUARTER JUMP SQUATS	4b											
KNEELING DB Y'S	5a											
BEARCRAWL SHOULDER STABILITY PLANK	5b											
2-ANGLE LATERAL DB LUNGES	6a											
BALL SLAMS	6b											
SINGLE LEGRAISES	7a		Both Heels Off Floor									
JACK THRUSTER	7b											