## **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 exercise "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
KB SKULLCRUSHER W BRIDGE	1A											
KB SWING_	1b											
DB REAR DELT ROW	2A											
KNEE TO ELBOW	2b					_	_				_	
KB SUMO DL	3a											
CRAB TOE TOUCHES	3b											
DB ARNOLD PRESS	4a	-					_		_			
PLANK W TOETAP	4b											
HAMMER CURL INTO FRONTAL RAISE	5a											
TRICEP PUSHUP INTO PLANKJACK	5b											
DB ROW W ROTATION	6a											
DB RUSSIAN TWIST INTO OH SITUP	6b											
DBL KB SQUAT	7a											
BEAR CRAWL HOLD INTO BIRD DOG	7b	_				_	_					