# 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 |
| THREE WAY LUNGES | 1A | 5 each side | one rep is the three lunges | | | | | | | | | |
| ISO REV CRUNCH | 1b | | | | | | | | | | | |
| KB SVEND PRESS | 2A | x12 | try and pull the KB apart the whole time | | | | | | | | | |
| SEATED AB CIRCLE | 2b | | | | | | | | | | | |
| SQUAT UP DOWN | 3a | x10 | knee does not go to ground | | | | | | | | | |
| RECLINER ELBOW TO KNEE TUCK | 3b | | Do not do fast!! Focus on the contraction | | | | | | | | | |
| DB BULGARIAN HI/LO SPLIT SQUAT | 4a | x10 | 1rep includes a Hi and a Lo | | | | | | | | | |
| PLANK KNEE TO ELBOW | 4b | | prefferably cross body | | | | | | | | | |
| SA SUPPORTED DB ROW | 5a | x10 each side | use static object for support if possible | | | | | | | | | |
| SIDE PLANK W/ HIP DIP | 5b | | | | | | | | | | | |
| STANDING ALT DB PRESS | 6a | x10 each arm | | | | | | | | | | |
| PLANK PUSH AWAY | 6b | | | | | | | | | | | |
| DB HIP HUGGER | 7a | x12 | NOT A SHRUG. NOT AN UPRIGHT ROW. | | | | | | | | | |
| STANDING SEESAW | 7b | | | | | | | | | | | |