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
REVERSE GRIP DB CHEST PRESS	1A											
PLANK WALKTO TOE TOUCH	1b											
BB DEADLIFT/ROW	2A											
SLIDER MT. CLIMBERS	2b											
RACKED KB SQUAT THRUSTER	3a											
AMERICAN KB SWINGS	3b											
KNEELING DB SHOULDER PRESSES	4a											
LOW PLANK PLATE SLIDES	4b											
SA KB REVERSE LUNGES	5a											
RACKED KB STEP UPS	5b											
DB SHOULDER MOBILITY ROTATIONS	6a											
IN & OUT SQUAT JUMPS	6b											
HALF KNEELING DB HIGH CHOP	7a											
X-MAN CRUNCHES	7b											