EMOM

Training Style: Perform two exercises back-to-back in a one minute time frame. Perform 5 rounds.

			Date	/	/	/	/	/	/	/	/	/
				Rest: 90 seconds after each completed round								
Training Exercises	Exer #		Coaching Tip	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
KB SWINGS	1a		10 (+2 each round)									
SPRAWLS	1b		5(+1 each round)									
ROPE SLAMS	2a		30 reps									
PLANK	2b		remainder of minute									
MB SLAMS	3a		10 (+1 each round)									
HIGH KNEES	3b		remainder of minute									
PUSHUPS	4a		10 (+1 each round)									
JUMP ROPE	4b		remainder of minute									
DEADLIFTS	5a		10 (+1 each round)									
FARMER HOLD	5b		remainder of minute									
MTN CLIMBERS	6a		30 reps									
JUMP SQUATS	6b		10 (+1 each round)									
DB SNATCHES	7a		10 each									
ICE SKATERS	7b		remainder of minute									