# 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 |
| DB ALT ROW | 1a | 10 total (+2) | | | | | | | | | | |
| SWISS BALL BACK EXTENSIONS | 1b | 5 | | | | | | | | | | |
| SA DB TRICEP EXT. W 90° STATIC HOLD | 2a | 10 (+1) | | | | | | | | | | |
| REVERSE ROPE WAVES | 2b | 15 | | | | | | | | | | |
| KB SQUAT JUMP | 3a | 10 (+1) | | | | | | | | | | |
| BURPEE | 3b | 5 | | | | | | | | | | |
| DB PRESS | 4a | 10 (+1) | | | | | | | | | | |
| CLAP PUSH-UPS | 4b | 5 | Modification: power push-ups X5 | | | | | | | | | |
| BB 21S | 5a | | (7 bottom half curl, 7 top half, 7 full) | | | | | | | | | |
| TRX REVERSE CURLS | 5b | 5 (+1) | | | | | | | | | | |
| HANGING LEG LIFTS | 6a | 10 | Modification: regular leg lifts X15 | | | | | | | | | |
| BICYCLES | 6b | 30 | | | | | | | | | | |
| ALT. DB SHOULDER PRESS | 7a | 10 total (+2) | | | | | | | | | | |
| DB SHADOW BOX | 7b | 20 total | | | | | | | | | | |