

30-30 Strength Training Interval

30 sec	30 sec	6	6	60 sec	5
Work Time	Rest Time	# of Exercises / Round	Total Sets/ Round	Rest Between Rounds	Total Rounds

Alternate through all 6 exercises to complete one round

Set #	Exercise Performed
1	Seat Rowing
2	Push Press
3	Front Squat
4	Pull a Part
5	Dead-lift
6	Resisted Plank