

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

Choose 6 attached or attachment free exercises and place them into the template. You should alternate through all 6 exercises to complete one round. Each exercise is done for 30 seconds with a 30 second rest between exercises. Once you have completed all 6 exercises, take a 60 second rest and repeat the same 6 exercise sequence again. Complete 5 total rounds.

Set #	Exercise Performed
1	
2	
3	
4	
5	
6	