

Work out of the Day!

30 Minute Every Minute on the Minute workout

Equipment Needed:
Set of Dumbbells

EMOM is an acronym for “Every Minute on the Minute”. Meaning you do a certain amount of work in less than a minute, and whatever remaining time you have left in that minute, you recover. So the faster you do the work prescribed, the more recovery time you have. It is a different variety of High Intensity Interval Training

Warm up EMOM:
5 Minutes

Min 1: 20 Squats, when done do squat pulses for the remaining part of the minute

Min 2: 30 Mountain Climbers, then hold plank for the rest of the minute

Min 3: 15 Full Sit-Ups, then small crunches for the rest of the minute

Min 4: 15 Push-ups, Plank Shoulder Taps the rest of the minute

Min 5: 8 Cardio Burpees, Jumping Jacks the rest of the minute

Part A:
10 Minute EMOM, Alternating Minutes

Odd Minutes (1,3,5,7,9)

10 Thrusters w/ Dumbbells, 10 Squat Jumps (without weight)

Even Minutes (2,4,6,8,10)

12 Renegade Rows w/ Dumbbells, 12 Low plank Knee Tucks

Part B:
10 Minute EMOM, Alternating Minutes

Odd Minutes (1,3,5,7,9)

12 Step Back Lunge w/ Hammer Curls, 12 Jump Lunges (without weights)

Even Minutes (2,4,6,8,10)

10 L Sit ups, 20 Russian Twists

Cool Down Jog(if possible) and Stretch