



EMOM

Every Minute On the Minute

Level 1

20 Jump Lunges
10 Push-ups
5 (each Leg) One Leg Dead Lift

15 T-Push ups
10 Speed Skaters
5 Burpees

Level 2

20 Flutter Kicks
10 Air Squats
5 Push-ups

15 Mountain Climbers
10 Jump Lunges
5 Burpees

Level 3

20 Knee to Elbow
10 Flutter Kicks
5 Air Squats

15 Jumping Jacks
10 Mountain Climbers
5 Jump Lunges

INSTRUCTIONS:

1. Pick an appropriate Level. 1 is the hardest.
2. Get a good warm-up. Full range of motion (without stretching) for every muscle.
3. You have one minute to complete each exercise. The faster you complete the prescribed reps, the longer you have to rest (e.g. done in 20 seconds, you have 40 seconds to rest). Start the next exercise on the minute of the next minute. Do all three exercises in the set four times. Each set takes 12 Minutes.
4. Revel in your Awesomness
5. Cool down and stretch (continue to Revel).

One Leg Dead Lift - Standing on one foot, squat down to touch the floor with both hands. Push your other leg behind you for balance. Keep a flat back and use your leg as much as possible.

Jump Lunge - From a lunge, jump up to switch feet in the air landing in a lunge with the opposite foot forward.

T-Push up - From a plank (push-up position) switch over to a side plank (one hand on the floor, facing sideways, hips and shoulders vertical), return to the Plank position, do a push up, switch to a side plank on the other side.

Speed Skater - Standing, jump laterally 4 to 6 feet away and land soft on one foot. Spring back over to the other foot. Do your best to look like a speed skater (lean over, flat back, raise the opposite foot behind you, stare forward menacingly).