

EMOM workouts, also known as “every minute on the minute” are a fast, fun and efficient way to structure your workout. During this type of workout, you have one minute to complete a designated amount of repetitions for an exercise. If you complete all reps before the minute is up, the rest of that time becomes your rest period.

Set your timer for one minute and perform the designated amount of reps for exercise 1. Rest for whatever period of time you have leftover and move on to exercise 2 for the next minute. Complete all exercises before taking a 2 minute break. Repeat for 3 sets total.

If you find that one minute is not challenging enough, you can decrease your time to 45 seconds.

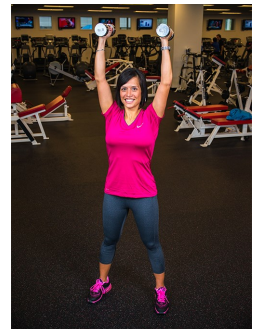
TRACK YOUR PROGRESS

Cross off each set as you go!

EXERCISE	SET 1	SET 2	SET 3
Squat to Shoulder Press (With soup cans or dumbbells)	12 reps	12 reps	12 reps
Skater Jumps	30 reps	30 reps	30 reps
Pushups (Modify if needed)	15 reps	15 reps	15 reps
Lunge Jumps	20 reps	20 reps	20 reps
Row to Tricep Kickback (With soup cans or dumbbells)	12 reps	12 reps	12 reps
Mountain Climbers	40 reps	40 reps	40 reps

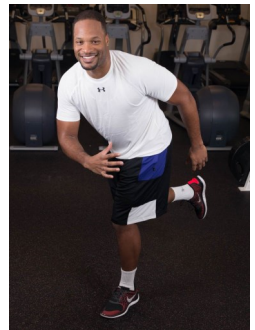
Squat to Shoulder Press

Stand with feet shoulder width apart, with dumbbells or soup cans in hand, resting on your shoulders. Press your hips back as you bend your knees, lowering your weight until your knees are at 90 degrees and your quads are parallel to the floor. Make sure to keep your weight in your heels and not let your knees go past your toes. As you stand, press dumbbells or soup cans straight overhead. Lower them back down to your shoulders and repeat.



Skier Jumps

Begin by standing with feet together. Carefully hop your right leg to the right, bringing your left foot behind it on a diagonal. Then immediately hop to the left with your left leg, bringing your right foot behind on a diagonal. Try to balance on one leg with each hop. Repeat continuously.



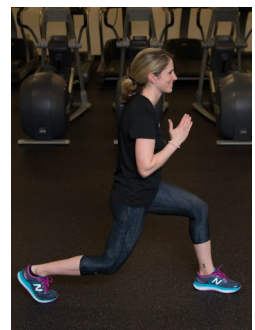
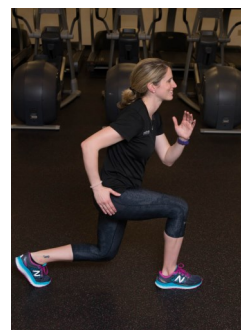
Pushup

Place your hands on a floor or mat a little wider than your shoulders. Extend your legs behind you with your weight on your toes and your body in a straight line from shoulders to heels. Slowly bend your elbows as you lower your body toward the mat. Extend elbows as you press into your starting position.



Lunge Jumps

Stand with one foot forward and the other foot back, toes facing forward, with knees bent slightly. Hinge your hips and drive your back knee down until it is just off the ground, while your front knee bends to a 90 degree angle. Immediately jump upward and quickly reposition legs, landing softly with feet in opposite positions. Immediately hinge your hips and again drive down into your lunge. Repeat continuously, switching back and forth.



Row to Tricep Kickback

Stand with feet hip width apart. Slightly bend forward at your waist with dumbbells or soup cans in hand, palms facing each other. Slowly bend elbows as you pull dumbbells or soup cans toward your chest. Extend at the elbow as you press them behind you. Reverse the action by bending the elbows then lowering dumbbells or soup cans to starting position.



Mountain Climbers

Start in a high plank with your hands directly under your shoulders and legs extended behind you. Quickly drive your knees in one at a time towards your chest. Engage your core throughout the motion.

