Today’s Workout: POLAR POP (EMOM)
Focus: Strength, Endurance and Agility (45 minutes)
4 Rounds: Every Minute on the Minute exercises

Warm Up: High Knee March, Squat Twist, Jog in Place, High Knees, Arm Circles

POLAR POP!

P = Power Punches
O = OPTION of YOUR Choice: High Knees, Lane Slides, Jumping Jacks
L = Lunges (Alternating)
A = Abs – Curl Ups
R = Run in Place
1:30 REST

P = Plank
O = OPTION of YOUR Choice: Mountain Climber, Squats, Ski Jumps
P = Push Up
1:30 REST

Cool Down: Arm Swings, Shoulder Stretch, Hip Hinge Hamstring Stretch, Lunges, Child’s Pose