



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