



Today's Workout:

EMOM (Every Minute on the Minute)

We will change exercises each minute. If you complete the exercise before the minute is up, that is your REST.

Warm Up:

March with High Knees, Squat Twist, Jog in Place, Butt Kicks, Arm Circles

8 exercises, 3 rounds.

- Side Hops (25 Total)
- Sit Stand/Squat (15 Total)
- Jumping Jacks (25 Total)
- Push Ups (15 Total)
- Power Punches (50 Total)
- Wall Sit (30 seconds)
- Plank (30 seconds)
- Burpee (10 Total)

Cool Down:

Shoulders, Lats, Hip Hinge, Lunge, Child Pose