

EMOM! Every minute on the minute

0:00- 1:00

lunge back with knee drive- 12 per leg

1:00- 2:00

pushups- 15 reps

2:00-3:00

jump squats- 20 reps

3:00-4:00

side plank with dips- 12 reps rep side

4:00-5:00

Fast side lunge- 12 reps per side

5:00- 6:00

jumping jacks- 25 reps

Repeat 3-5x



