

Rocket jumps - 20 reps

High plank around the world- 20 reps

Fast feet into burpee- 15 reps

Lateral bear crawls- 5 crawls, switch directions. Repeat 4x for a total of 20 crawls.

Ladder in and out jumps- 5 jumps or fast feet, switch directions. Repeat 4x for a total of 20 jumps.

repeat 3-5x

# EMOM!

Every minute on the minute

## 0:00-1:00

Rocket jumps

20 reps



## 1:00-2:00

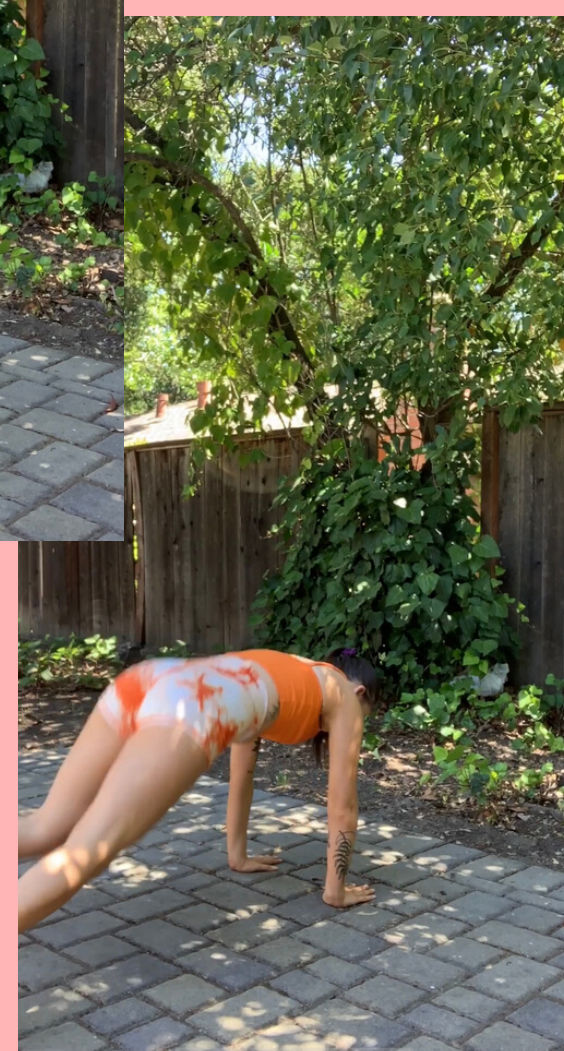
High plank around the world

20 reps



## 2:00-3:00

Fast feet into burpee 15 reps



Rocket jumps - 20 reps

High plank around the world- 20 reps

Fast feet into burpee- 15 reps

Lateral bear crawls- 5 crawls, switch directions. Repeat 4x for a total of 20 crawls.

Ladder in and out jumps- 5 jumps or fast feet, switch directions. Repeat 4x for a total of 20 jumps.

repeat 3-5x

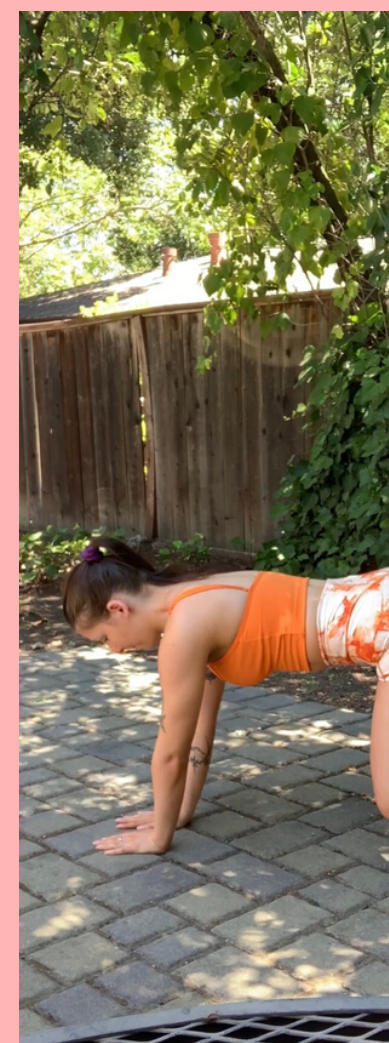
# EMOM!

Every minute on the minute

## 3:00-4:00

Lateral bear crawl

5 crawls, switch directions. Repeat 4x for a total of 20 crawls.



## 4:00-5:00

Ladder in and out jumps- 5 jumps or fast feet, switch directions. Repeat 4x for a total of 20 jumps.

