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
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

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.

EMOM!
Every minute on the minute