

Butt kicks to plank

Forward lunges

Side step squats

Pushups

Jump squat with crossover

Climber taps

repeat 3-5x

EMOM!

Every minute on the minute

0:00-1:00

5 butt kicks down into plank and repeat

20 reps



1:00-2:00

Forward lunges

12 reps per side



2:00-3:00

Side step squats

20 squats



Butt kicks to plank

Forward lunges

Side step squats

Pushups

Jump squat with crossover

Climber taps

repeat 3-5x

EMOM!

Every minute on the minute

3:00-4:00

Pushups (knees or feet)

15 reps



4:00-5:00

Jump squat with crossover

20 reps



5:00-6:00

Climber taps

20 reps

