

## EMOM: EVERY MINUTE ON THE MINUTE #1

### WARMUP

Take 5:00 and perform dynamic mobility exercises.

Movement	Sets	Repetitions
BREATHE	Cadence (4I:4E) - 10 Cycles	
Front and Side Leg Swings	2-3	10 - 15
PVC or Band Pass Throughs	2-3	10
BREATHE	Cadence (4I:4E) - 10 Cycles	

### MAIN ROUTINE

Take 20 minutes to perform conditioning. Go on the minute every minute.

Modes	Duration	Rest Period
Bodyweight Squats	:30	:30
Jumping Jacks	:30	:30
Bicycle ABS	:30	:30
Push Ups	:30	:30

### COOL DOWN

Take 5:00 and perform static stretching exercises.

Movement	Sets	Repetitions
BREATHE	Recovery Breath 5MM:5MN:5NN	
Wall - Hamstrings Low Back	2 - 3	:20 on off
Shoulder Stretch - Arm Across	1	1:00/side

\* For video reference please check out the Movement Library ([click here](#))

## EMOM: EVERY MINUTE ON THE MINUTE #2

### WARMUP

Take 5:00 and perform dynamic mobility exercises.

Movement	Sets	Repetitions
BREATHE	Cadence (4I:4E) - 10 Cycles	
Standing Good Mornings	2 - 3	10 - 15
Arm Circles - Forward and Backward	1	10/side
BREATHE	Cadence (4I:4E) - 10 Cycles	

### MAIN ROUTINE

Take 20 minutes to perform conditioning. Go on the minute every minute.

Modes	Duration	Rest Period
Dumbbell Suitcase Deadlifts	:30	:30
Burpees	:30	:30
Flutter Kicks	:30	:30
Dumbbell bent over rows	:30	:30

### COOL DOWN

Take 5:00 and perform static stretching exercises.

Movement	Sets	Repetitions
BREATHE	Recovery Breath 5MM:5MN:5NN	
Hamstring Stretch with Band	2 - 3	:20
Lat stretch leaning to the side holding PVC or band over head	1	1:00/side

\* For video reference please check out the Movement Library ([click here](#))

## EMOM: EVERY MINUTE ON THE MINUTE #3

### WARMUP

Take 5:00 and perform dynamic mobility exercises.

Movement	Sets	Repetitions
BREATHE	Cadence (4I:4E) - 10 Cycles	
Four Point Squats	2 - 3	10 - 15
Hip Circles	1	10 - 15/side
BREATHE	Cadence (4I:4E) - 10 Cycles	

### MAIN ROUTINE

Take 20 minutes to perform conditioning. Go on the minute every minute.

Modes	Duration	Rest Period
Resistance Band Side Steps	:30	:30
Jumping Jack - Squat Touch	:30	:30
Resistance Band Curls	:30	:30
Hollow Rock	:30	:30

### COOL DOWN

Take 5:00 and perform static stretching exercises.

Movement	Sets	Repetitions
BREATHE	Recovery Breath 5MM:5MN:5NN	
Bicep stretch	1	1:00/side
Side lunge stretch	1	1:00/side

\* For video reference please check out the Movement Library ([click here](#))

## EMOM: EVERY MINUTE ON THE MINUTE #4

### WARMUP

Take 5:00 and perform dynamic mobility exercises.

Movement	Sets	Repetitions
BREATHE	Cadence (4I:4E) - 10 Cycles	
Arm to Sky Lunge	2 - 3	10 -15
PVC or Band Figure Eights	2 - 3	5/side
BREATHE	Cadence (4I:4E) - 10 Cycles	

### MAIN ROUTINE

Take 20 minutes to perform conditioning. Go on the minute every minute.

Modes	Duration	Rest Period
Alternating Body Weight Lunges	:30	:30
Kettlebell Swings	:30	:30
Dumbbell tricep kickbacks	:30	:30
Sit Ups	:30	:30

### COOL DOWN

Take 5:00 and perform static stretching exercises.

Movement	Sets	Repetitions
BREATHE	Recovery Breath 5MM:5MN:5NN	
Tricep Stretch on Wall	1	1:00/side
One leg out, reaching for the toe, hamstring stretch	1	1:00/side

\* For video reference please check out the Movement Library ([click here](#))

## EMOM: EVERY MINUTE ON THE MINUTE #5

### WARMUP

Take 5:00 and perform dynamic mobility exercises.

Movement	Sets	Repetitions
BREATHE	Cadence (4I:4E) - 10 Cycles	
Inch Worms	2 - 3	10 - 15
Hamstring Curls	2 - 3	10 - 15
BREATHE	Cadence (4I:4E) - 10 Cycles	

### MAIN ROUTINE

Take 20 minutes to perform conditioning. Go on the minute every minute.

Modes	Duration	Rest Period
Wall Ball Squats	:30	:30
Slam Balls	:30	:30
Dumbbell Push Press	:30	:30
Alternating V-Ups	:30	:30

### COOL DOWN

Take 5:00 and perform static stretching exercises.

Movement	Sets	Repetitions
BREATHE	Recovery Breath 5MM:5MN:5NN	
Kneeling Lunge Stretch	1	1:00/side
YTU ball on wall for shoulder	1	1:00/side

\* For video reference please check out the Movement Library ([click here](#))