

# EMOM WORKOUT

## EVERY MINUTE ON THE MINUTE



ON THE 0:00 - 10 SQUAT JUMPS  
\*(HOLD THE LAST SQUAT UNTIL TIME IS UP)

ON THE 1:00 - 2 HAND RELEASE PUSH UPS  
\*(HOLD A PLANK UNTIL TIME IS UP)

ON THE 2:00 - 8 SQUAT JUMPS  
\*(HOLD THE LAST SQUAT UNTIL TIME IS UP)

ON THE 3:00 - 4 HAND RELEASE PUSH UPS  
\*(HOLD A PLANK UNTIL TIME IS UP)

ON THE 4:00 - 6 SQUAT JUMPS  
\*(HOLD THE LAST SQUAT UNTIL TIME IS UP)

ON THE 5:00 - 6 HAND RELEASE PUSH UPS  
\*(HOLD A PLANK UNTIL TIME IS UP)

ON THE 6:00 - 4 SQUAT JUMPS  
\*(HOLD THE LAST SQUAT UNTIL TIME IS UP)

ON THE 7:00 - 8 HAND RELEASE PUSH UPS  
\*(HOLD A PLANK UNTIL TIME IS UP)

ON THE 8:00 - 2 SQUAT JUMPS  
\*(HOLD THE LAST SQUAT UNTIL TIME IS UP)

ON THE 9:00 - 10 HAND RELEASE PUSH UPS  
\*(HOLD A PLANK UNTIL TIME IS UP)

\*HOLDING THE SQUAT OR PLANK IS OPTIONAL,  
REST IF NEEDED  
COMPLETE 1-2 MORE ROUNDS IF DESIRED