EMOM Workout

Every minute on the minute for twenty minutes with a pair of dumbbells: four moves in turn, the rest of each minute yours to breathe.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Circuit	Full body	Intermediate	25 min	Dumbbells

WARM UP

Once through, at an easy pace

Marching In Place



60 s

Bodyweight Squat



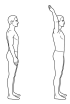
10 reps

Inchworm



4 reps

Arm Circles



30 s

EMOM

Every minute for 20 min: start the next move on the minute, rest what is left

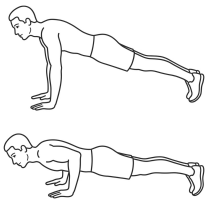
1 Dumbbell Goblet Squat



12 reps

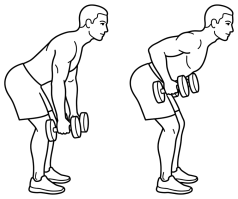
Start a clock; a new move starts on every minute

2 Push-Up



10 reps

3 Bent-Over Dumbbell Row



12 reps

4 Dumbbell Thruster



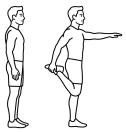
10 reps

Too hard to finish in 40 s? Take fewer reps, keep the minute

COOL DOWN

Once through, at an easy pace

Standing Quad Stretch



30 s
each side

Standing Hamstring Stretch



30 s
each side

Child's Pose



45 s