

Get Fit and Energized with EMOM: Every Minute On The Minute Workout!



TOTAL BODY STRENGTH + CONDITIONING

40 MINUTE FULL-BODY EMOM WORKOUT

This 40 minute EMOM workout consists of 8 stations you'll perform circuit-style for 5 total rounds, or 40 minutes.

When the timer starts perform 12 burpees then rest until the clock reaches 1:00, perform 24 goblet squats then rest until the clock reaches 2:00, perform 24 swings and so on, cycling through the circuit for the full 40 minutes, or 5 rounds in total. Each round has 1 minute of rest built in, so push through all those reps and you'll have some extra time to recover on round 8.

This workout will really challenge your legs and glutes but will also hit the shoulders, arms and core. You'll also be improving your cardiovascular fitness. Get after it!

Repeat the following circuit, every minute on the minute, for 40 minutes, or 5 total rounds:

Minute 1	12 burpees
Minute 2	24 kettlebell goblet squats
Minute 3	24 kettlebell swings
Minute 4	12 dumbbell thrusters
Minute 5	12 box jumps
Minute 6	24 kettlebell reverse lunges
Minute 7	60 seconds plank
Minute 8	REST

To scale this workout to your fitness level, adjust the reps, rounds and weight, used up or down, as needed.

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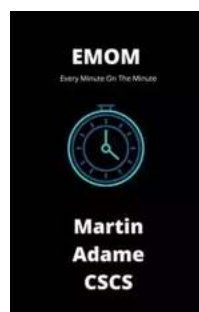
- Unleash Your Potential

Are you tired of monotonous workouts that fail to challenge and motivate you? Say goodbye to boring exercise routines and hello to EMOM! EMOM,

which stands for Every Minute On The Minute, is an innovative and exhilarating workout method that will push you to your limits and help you achieve the fitness results you've been craving.

What is EMOM?

EMOM is a type of high-intensity interval training (HIIT) that combines cardio and strength exercises. The concept is simple yet effective. You perform a specific set of exercises within a minute and then rest until the start of the next minute. This training technique forces you to work against the clock, improving your focus, speed, and overall endurance.



EMOM : Every Minute On The Minute

by Luni5 apresenta(Kindle Edition)

★★★★★ 5 out of 5

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How Does EMOM Work?

During an EMOM workout, you strive to complete a set number of repetitions of each exercise within the minute. If done correctly, you'll have some rest time before the start of the next minute. However, if you struggle to complete the repetitions within the allocated time, your rest period will be shortened, intensifying the workout and forcing your body to adapt.

EMOM workouts can be customized to suit any fitness level, making them suitable for beginners and experienced athletes alike. As you progress, you can increase the number of repetitions or duration of the workout, ensuring constant challenge and growth.

The Physical and Mental Benefits of EMOM

EMOM workouts offer a wide range of physical and mental benefits. Let's take a closer look at some of them:

1. Enhanced Cardiovascular Fitness

EMOM training elevates your heart rate and keeps it elevated throughout the workout. This helps improve your cardiovascular endurance, making everyday activities easier and enhancing your overall fitness level.

2. Increased Strength and Endurance

By combining both resistance and cardiovascular exercises, EMOM workouts help build strength and endurance simultaneously. The consistent challenge and intensity push your muscles to adapt and grow stronger over time.

3. Improved Mental Focus

With the time constraint of completing the exercises within each minute, EMOM demands intense mental focus. The ability to concentrate and maintain form amidst fatigue and pressure will not only enhance your performance during workouts but also carry over to other aspects of your life.

4. Time-Efficient Workouts

One of the major advantages of EMOM workouts is their time efficiency. You can achieve intense workouts, targeting multiple muscle groups, in as little as 20 minutes. This makes it a great option for those with busy schedules who still want to prioritize their fitness.

5. Continuous Calorie Burning

Due to the high-intensity nature of EMOM, it keeps your body burning calories even after the workout. This occurrence, known as excess post-exercise oxygen consumption (EPOC), helps accelerate your metabolism and aids in fat loss.

How to Start an EMOM Workout

To embark on your EMOM journey, follow these steps:

1. Set Your Goals

Define what you want to achieve through your EMOM workouts. Whether it's weight loss, muscle gain, or improved overall fitness, having a clear goal will help you structure your workouts accordingly.

2. Choose the Right Exercises

Select a variety of exercises that target different muscle groups to create a well-rounded routine. You can include bodyweight exercises, kettlebell swings, burpees, squats, push-ups, and many more. Ensure you have proper technique for each exercise to prevent injuries and maximize results.

3. Determine the Work-to-Rest Ratio

Decide on the number of repetitions and the rest period between exercises. You can start with a work-to-rest ratio of 1:1, aiming to complete the repetitions within the minute and resting for the same duration. As you progress, you can decrease the rest time or increase the intensity by adding more repetitions.

4. Warm Up and Cool Down

Before diving into an intense EMOM session, it's crucial to warm up your muscles and prepare your body for the challenges ahead. Dynamic stretching, light cardio exercises, and mobility drills are excellent ways to get your body ready. Similarly, a proper cool-down routine will help prevent muscle soreness and aid in recovery.

5. Track Your Progress

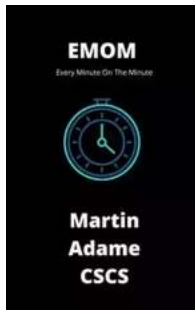
Record your workouts to track your progress over time. This will help you identify areas for improvement, set new goals, and stay motivated. It's satisfying to witness your strength and endurance grow as you break new personal records.

- Unleash Your Inner Warrior!

EMOM workouts offer a refreshing and rewarding approach to fitness, promising extraordinary results in a short amount of time. By incorporating EMOM into your routine, you can challenge your boundaries, achieve your fitness goals, and transform into the best version of yourself. So, what are you waiting for? Strap on your workout gear, set the timer, and let the EMOM journey begin!

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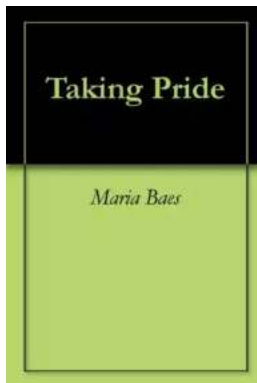


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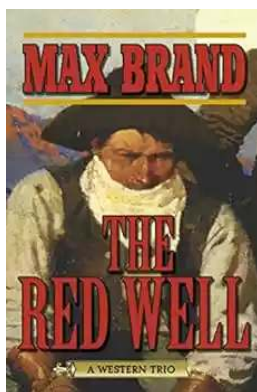


This entire book uses EMOM's as the protocol of choice. No training session is longer than 30 minutes. Limited gym equipment is needed. Training sessions are designed with a Monday, Wednesday, Friday split. Includes 10 weeks of training for a total of 30 sessions.



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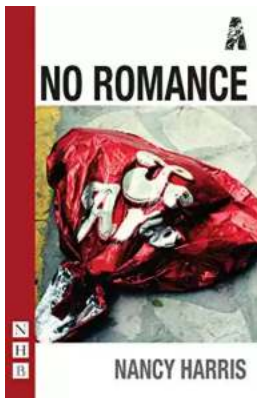
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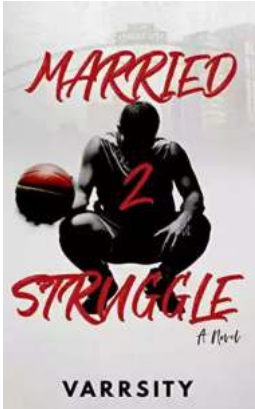
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