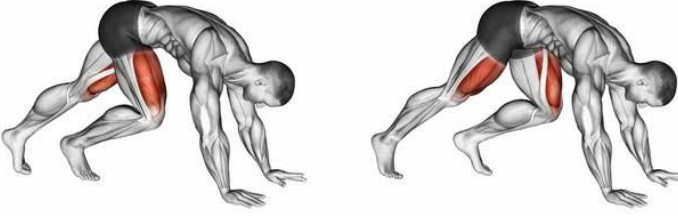
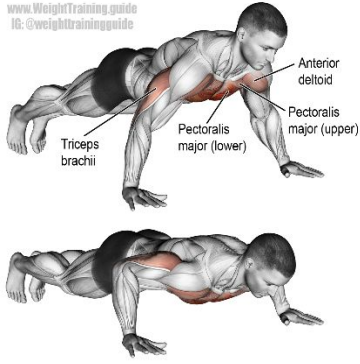
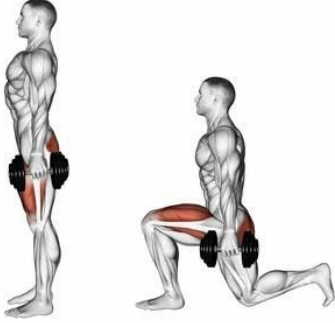
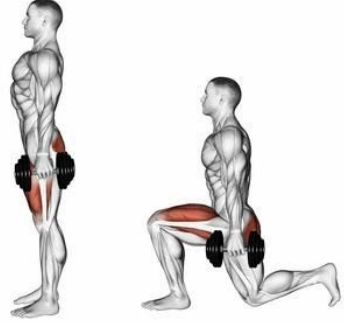



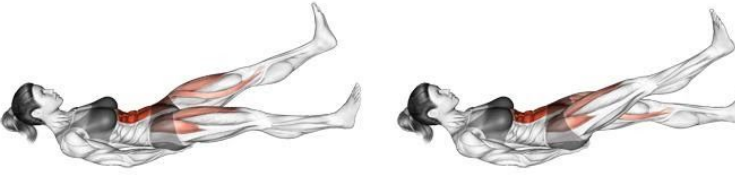


Every Minute On the Minute (EMOM) Circuit

Start each exercise on the minute

Rest the remainder of the minute

Complete 3 rounds

| | |
|--|---|
| <p>1) Mountain Climbers – 40 reps</p>  | <p>2) Push Ups – 10 reps</p>  |
| <p>3) Reverse Lunge (Left) – 12 reps</p>  | <p>4) Reverse Lunge (Right) – 12 reps</p>  |
| <p>5) Chair Dips - 12 reps</p>  | <p>6) Bicycle Crunch – 20 reps (10/side)</p>  |
| <p>7) Squats – 20 reps</p>  | <p>8) Flutter Kick – 50 reps</p>  |
| <p>9) Rest – 1min</p> | |