Every Minute On the Minute (EMOM) Circuit

Start each exercise on the minute
Rest the remainder of the minute
Complete 3 rounds

1) Mountain Climbers – 40 reps

2) Push Ups – 10 reps

3) Reverse Lunge (Left) – 12 reps

4) Reverse Lunge (Right) – 12 reps

5) Chair Dips - 12 reps

6) Bicycle Crunch – 20 reps (10/side)

7) Squats – 20 reps

8) Flutter Kick – 50 reps

9) Rest – 1min