

## Workouts of the Day

### EMOM (Every Minute on the Minute)

5 push ups

5 sit ups

5 squats

Complete the specified exercises in order every minute on the minute for 20 minutes. You get to rest if you finish before the minute is up!

### 50-40-30-20-10

50 reps jump squats, 50 jump squats, 50 reps V ups, 50 V ups, 40 reps jump squats, 40 jump squats, 40 reps V ups, 40 V ups, etc.\*

\*Finish as fast as possible without compromising form.

10 Burpees

100 Jump rope

10 Air squats

100 Jump rope

10 Push ups

100 Jump rope

10 Sit ups

100 Jump rope

10 Dips (using bench or chair)

100 Jump rope

Do three rounds.

Bodyweight squats repetitively for five minutes. At every 30 seconds, complete two burpees

Do three rounds.

50 Overhead squats (using broomstick)

50 Lunges

50 Push ups

200 Jump rope

Do six rounds for time.

**Reps Exercise**

1 Burpee

2 Tuck jumps

3 Jump squats

4 Crunches

5 Push ups

6 Lunges

7 Legs up toe touches

8 Russian twists

9 Glute bridges

10 Dips

11 Jumping Jacks

12 Mountain climbers

10 Knee up crunches

10 Oblique twists

30-second Plank

20 Butterfly crunches

20 Supermans

30-second Plank

10 Oblique crunches (each side)

20 Leg flutters

30-second Plank

Do five rounds.

1-minute Squat pulses

30 Reverse lunges

30 Squats with leg kickback

30 Glute bridges

30 Lateral squats

1-minute Plyo squats

Do five rounds.