



### E.M.O.M.

Every Minute on the Minute



### 5 SETS

Complete 5 sets of each exercise below



### Notes

You have 60 seconds to complete the stated reps before moving on to the next exercise



15 Walkouts



15 Crunches



15 Donkey Kicks (each side)



15 Hollow Rocks

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.

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