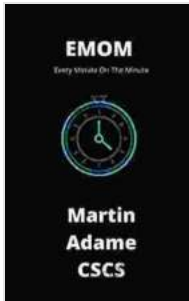


EMOM Every Minute On The Minute: The Ultimate CrossFit Workout Guide



EMOM : Every Minute On The Minute by Luni5 presenta

★★★★★ 5 out of 5

Language : English

File size : 3738 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 9 pages

Lending : Enabled



THE PERFECT HOME CROSSFIT WORKOUT TO BUILD YOUR RESILIENCE

This is a short, sharp, and shiny workout that only requires the use of two pieces of equipment – a skipping rope and a kettlebell – meaning that it can be performed anywhere, and of course, at any time.



Skipping
60 Jumps



Kettlebell Swings
20



Kettlebell Goblet Squats
20



Kettlebell deadlift
20



Bodyweight Squats
30



Reverse Lunges
15 / side



Push-ups
15



Plank with alternating
arm reach
10 / side



Bear Crawling
10 paces forward,
10 paces backwards



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EMOM (Every Minute On The Minute) workouts are a staple of CrossFit training. They're simple to understand, but they can be incredibly challenging. And they're a great way to improve your fitness.

This book is your complete guide to EMOM workouts. It covers everything you need to know, from the basics to advanced programming.

What is EMOM?

EMOM stands for Every Minute On The Minute. It's a type of workout where you perform a set number of repetitions of an exercise every minute, on the minute.

For example, a typical EMOM workout might be:

- 10 burpees every minute, on the minute
- Rest for the remaining time in the minute

You would repeat this for 10 minutes, or for as long as you can.

Benefits of EMOM Workouts

EMOM workouts offer a number of benefits, including:

- **Improved cardiovascular fitness:** EMOM workouts get your heart rate up and keep it there. This can help you improve your cardiovascular fitness, which is essential for overall health and fitness.
- **Increased muscle mass:** EMOM workouts can help you build muscle mass, especially if you use weights. This is because the constant repetition of exercises stimulates muscle growth.
- **Boosted metabolism:** EMOM workouts can help you boost your metabolism, which can help you burn more calories and lose weight.
- **Improved mental toughness:** EMOM workouts can be mentally challenging, but they can also help you improve your mental toughness. This is because they teach you to push through discomfort and keep going.

How to Do EMOM Workouts

EMOM workouts are simple to do. Here are the steps:

1. Choose an exercise.
2. Decide how many repetitions you want to do each minute.
3. Set a timer for one minute.
4. Start the timer and perform the exercise for the allotted time.
5. Rest for the remaining time in the minute.
6. Repeat for the desired number of minutes.

EMOM Workout Programming

There are many different ways to program EMOM workouts. The most common type of EMOM workout is a "straight" EMOM, where you perform the same exercise every minute for the entire workout.

However, you can also do EMOM workouts with:

- **Multiple exercises:** You can perform multiple exercises each minute, either in a circuit or in a random Free Download.
- **Variable repetitions:** You can vary the number of repetitions you do each minute, either increasing or decreasing the number as the workout progresses.
- **Weighted exercises:** You can use weights to make your EMOM workouts more challenging.

EMOM Workouts for Beginners

If you're new to EMOM workouts, it's important to start slowly. Begin with a short workout, such as 5-10 minutes, and use light weights or no weights at all.

Here are some beginner-friendly EMOM workouts:

- 10 air squats every minute, on the minute, for 10 minutes
- 10 push-ups every minute, on the minute, for 10 minutes
- 10 bodyweight lunges every minute, on the minute, for 10 minutes

EMOM Workouts for Advanced Athletes

If you're an experienced athlete, you can make your EMOM workouts more challenging by:

- Increasing the number of repetitions you do each minute
- Adding weight to the exercises
- Doing multiple exercises each minute
- Varying the repetitions each minute

Here are some advanced EMOM workouts:

- 20 burpees every minute, on the minute, for 10 minutes
- 15 dumbbell thrusters every minute, on the minute, for 10 minutes (use a weight that is challenging but allows you to maintain good form)
- 10 muscle-ups every minute, on the minute, for 10 minutes (this is a very challenging workout, so only attempt it if you have the strength and skill to do muscle-ups)

EMOM workouts are a great way to improve your fitness, regardless of your fitness level. They're simple to do, but they can be very challenging. And they're a lot of fun.

If you're looking for a new workout challenge, give EMOM workouts a try. You won't be disappointed.

Free Download your copy of EMOM Every Minute On The Minute today and start improving your fitness today!

EMOM WORKOUTS EVERY MINUTE ON THE MINUTE

THE LEG BURNER

20 Minute EMOM of:
4 Pistol Squats (2 each leg)
40 Pistol Squats each leg

THE LOWER BODY BLASTER

20 Minute EMOM of:
4 Pull-Ups
40 Push-Ups

THE HEART PUMPER

20 Minute EMOM of:
5 Burpees
100 Burpees

THE TOTAL BODY BLASTER

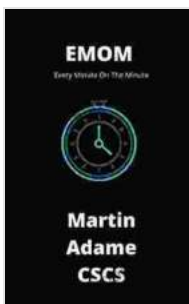
20 Minute EMOM of:
1 Turkish Get-Up
(alternating sides each minute)
20 Turkish Get-Up each leg!

THE PUSH PULL

20 Minute EMOM of:
5 Push-Ups & 2 Pull-Ups
100 Push-ups & 40 Pull-Ups!

THE LOWER BODY BLASTER

20 Minute EMOM of:
5 Box Jumps
100 Box Jumps!



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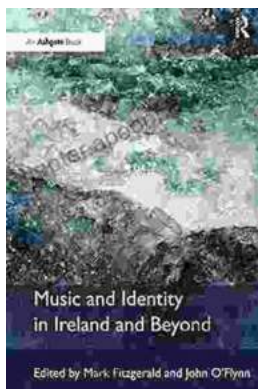
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