



30 Days to a Better YOU! EVERY MINUTE COUNTS!

Can you believe it? We are in week 4 of 30 Days to a Better YOU! Your body is moving, stretching, burning fat and gaining lean muscle. You are now getting in the best shape of your life! Don't stop now...the gains you've made are tremendous and something you should be proud of!

This week, we are going to do an EMOM work out. What's that, you ask? EMOM stands for Every Minute On The Minute, which means you are doing a set of an exercise every minute at the top of the minute with a set rest time.

EMOM workouts are a highly effective form of training. They provide an efficient way to build muscle, strength, endurance, and overall work capacity. Moreover, they touch on nearly every body part and muscle group, all while keeping your heart rate up so you will be burning calories. And we all know what burning calories leads to...fat loss and a lean body! Remember to eat healthy choices and drink plenty of water Let's get started on your EMOM journey!

READY, SET, GO!

PERFORM 2 SETS OF EACH EXERCISE

AIR SQUAT 1 MINUTE



PUSH-UPS 1 MINUTE



30 Days to a Better YOU!



SIT-UPS
1 MINUTE



AIR SQUAT
1 MINUTE



30 Days to a Better YOU!

REST!
1 MINUTE



30 Days to a Better YOU!

BACK LUNGES
1 MINUTE EACH LEG



30 Days to a Better YOU!

PLANK
1 MINUTE



GLUTE BRIDGE
1 MINUTE



30 Days to a Better YOU!

REST!
1 MINUTE



30 Days to a Better YOU!

JUMPING JACKS

1 MINUTE



GLUTE KICKS

1 MINUTE



30 Days to a Better YOU!

SCISSOR JACKS

1 MINUTE



WIDE SUMO SQUATS

1 MINUTE



30 Days to a Better YOU!

REST!



YOU DID IT! Thank you for participating in 30 Days to a Better YOU!