

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	25-min EMOM (Every Minute on the Minute)
Primary Target Area:	Legs (cardio based)
Approximate Time:	30-45 minutes
Skill Level:	Intermediate – Hard

Warm-up: 5-10 minutes of your choice of cardio (running, bike, elliptical etc.) followed by dynamic stretches of your choice.

Exercise Routine

*****Repeat circuit 5 times to complete the 25-minute EMOM*****

Exercise	Sets	Reps/Time	Rest Interval	Notes
Minute 1: single-arm dumbbell/kettle bell overhead walking lunges	1	Turf down and back	Whatever time you have left after completing the movement	-Hold the kettle bell/dumbbell with the opposite arm that you step with -switch sides after you reach the end of the turf
Minute 2: Box Jumps	1	10-15	Whatever time you have left after completing the movement	
Minute 3: Wall Balls	1	10-15	Whatever time you have left after completing the movement	-Using a med ball face the wall and perform a squat -As you come up press the ball up and throw it as high as you can where it touches the wall
Minute 4: Kettle bell swings	1	10-15	Whatever time you have left after completing the movement	-use the power in your legs and swing the kettle bell above your head (or lower if necessary)
Minute 5: Burpees	1	10-15	Whatever time you have left after completing the movement	Start standing up then come to a squat position with your hands on the floor and jump your feet back into plank position and jump back up

Cool Down: Foam roll/static stretch holding each stretch for at least 30 sec. each

Additional Notes:

EMOM means every minute on the minute so you complete each exercise during each minute and rest with whatever time you have left. Then you move to the next exercise and repeat the circuit 5 times which will bring you to 25 minutes.

Questions or Comments? Please e-mail fitness@oswego.edu



Sample Diagrams

Burpees:

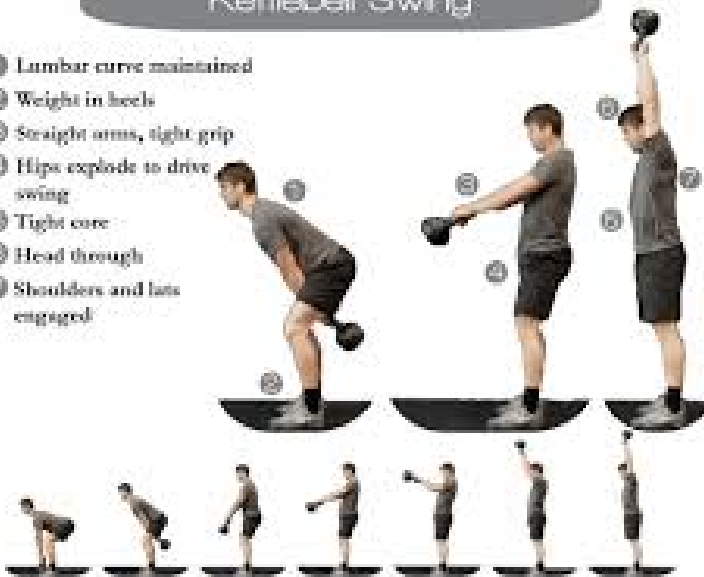


Wall Balls:



Kettlebell Swing

- 1 Lumbar curve maintained
- 2 Weight in heels
- 3 Straight arms, tight grip
- 4 Hips explode to drive swing
- 5 Tight core
- 6 Head through
- 7 Shoulders and lats engaged



Box Jump:



Single-arm dumbbell/kettlebell walking lunge

