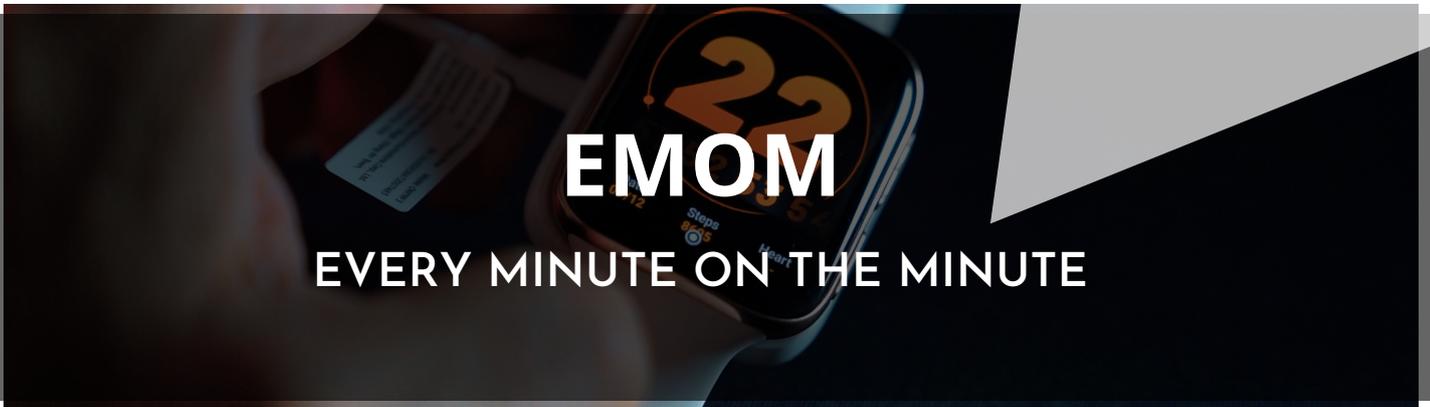
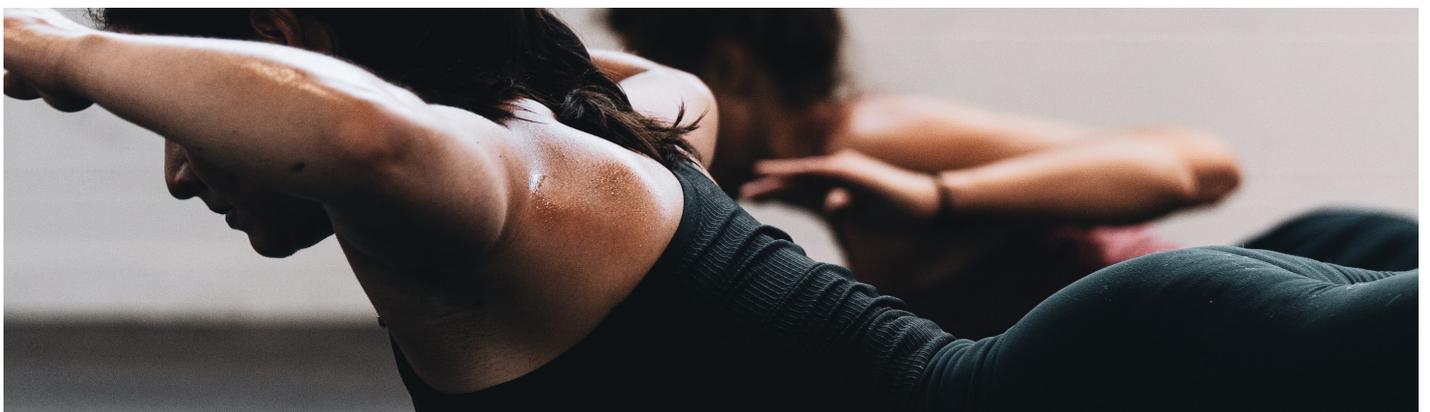




**FREE
WORKOUT**



EMOM
EVERY MINUTE ON THE MINUTE



**RACE AGAINST TIME WITH
THIS 10 MIN EMOM**

Finish the two workouts within a minute and rest for the balance time. Restart in the second minute and go on until 10 mins.

For eg: If you finish both the workouts in 30 seconds, the balance 30 second is your rest. Then, start the second round at minute two.

20 High Knees (right and left is one count)	https://youtu.be/szhhmYvpgK8
4 Inch worms	https://youtu.be/sa4udw3Z4Ls