



E.M.O.M.

Every Minute on the Minute



3 SETS

Complete 3 sets of each exercise below



Notes

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



25 Sit Ups



25 Flutter Kicks



25 V-Crunches



30-Second Plank



25 Russian Twists



30-Second Side Plank

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

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