

# WORKOUT 01

## EMOM DAY

### EQUIPMENT NEEDED:



Every minute on the minute for 20 minutes:

- ✓ **Minute 1: 12 Weighted Glute Bridges**
- ✓ **Minute 2: 30 Mountain Climbers**
- ✓ **Minute 3: 12 Weighted Frog Pumps**
- ✓ **Minute 4: 10 Bear Hold Walks (5 one direction, 5 other direction)**
- ✓ **Minute 5: 8 Weighted Deck Squats**

You will complete the number of reps within that minute and if you have any remaining time, rest until the next minute

### Tips

- Push the weight on the glute bridges and frog pumps. Your glutes are stronger than you know!
- For the deck squats, try to get the feet as close to the butt as possible before you stand up then drive the knees out as you stand out of your squat.

### Modifications

- 30sec bear hold instead of walks
- Jumping squats instead of deck squats