



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**WEIGHTS AND CARDIO WORKOUT- EMOM: EVERY MINUTE ON THE MINUTE**

**EQUIPMENT: MAT, HAND WEIGHTS (LIGHT/HEAVY), TIMER (I USE THE FREE INTERVAL TIMER APP)**

**SET TIMER: AT THE TOP OF EVERY MINUTE (OR 45 SECONDS), PERFORM THE NUMBER OF REPS FOR THE FIRST EXERCISE, AND THEN COMPLETE THE SECOND EXERCISE FOR THE REMAINING TIME. AT THE BEGINNING OF EACH MINUTE, INCREASE YOUR REPS BY 2. COMPLETE EACH CIRCUIT 1X.**

**\*\*BE SURE TO WARM UP BEFORE COMPLETING THIS WORKOUT.**

**CIRCUIT 1: (EXAMPLE)**

<b>MINUTE 1: 4 REPS</b>	<b>REGULAR SQUAT WITH A BICEP CURL</b>	<b><u>FINISH REMAINING TIME</u></b>	<b>SQUAT JACKS</b>
<b>MINUTE 2: 6 REPS</b>	<b>REGULAR SQUAT WITH A BICEP CURL</b>	<b><u>FINISH REMAINING TIME</u></b>	<b>SQUAT JACKS</b>
<b>MINUTE 3: 8 REPS</b>	<b>REGULAR SQUAT WITH A BICEP CURL</b>	<b><u>FINISH REMAINING TIME</u></b>	<b>SQUAT JACKS</b>
<b>MINUTE 4: 10 REPS</b>	<b>REGULAR SQUAT WITH A BICEP CURL</b>	<b><u>FINISH REMAINING TIME</u></b>	<b>SQUAT JACKS</b>
<b>MINUTE 5: 12 REPS</b>	<b>REGULAR SQUAT WITH A BICEP CURL</b>	<b><u>FINISH REMAINING TIME</u></b>	<b>SQUAT JACKS</b>

**BREAK**

**CIRCUIT 2:**

**BURPEES (OPTION WITH HAND WEIGHTS)      FINISH REMAINING TIME QUICK FEET**

**CIRCUIT 3:**

**BENT OVER ROW/REVERSE FLY      FINISH REMAINING TIME SKATERS**

**CIRCUIT 4:**

**CHEST PRESS OR PUSHUPS      FINISH REMAINING TIME SIDE SHUFFLE**

**CIRCUIT 5:**

**DEADLIFT WITH UPRIGHT ROW      FINISH REMAINING TIME JUMP ROPE**

**CIRCUIT 6:**

**SQUAT PRESS OVERHEAD EXTENSION      FINISH REMAINING TIME HEISMAN**

**CIRCUIT 7:**

**CURTSY LUNGE WITH LATERAL RAISE      FINISH REMAINING TIME HIGH KNEES & BUTT KICKERS**

**CIRCUIT 8:**

**LEG LIFTS      FINISH REMAINING TIME PLANK**

**\*\*COOL DOWN**

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We strongly recommend that you consult with your physician before beginning any exercise program. By using this content, you represent that you understand that physical exercise involves strenuous physical movement and that such activity carries the risk of injury whether physical or mental and you expressly waive and release any claim that you may have at any time for injury of any kind arising out of your participation in a YMCA program.