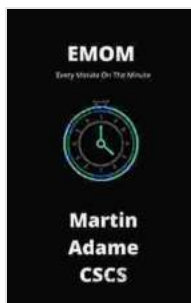


# Emom Every Minute On The Minute: The Ultimate Guide

EMOM stands for "Every Minute On The Minute". It is a type of high-intensity interval training (HIIT) workout that involves performing a specific number of repetitions of an exercise every minute, for a set number of minutes.

For example, a typical EMOM workout might involve performing 10 repetitions of bodyweight squats every minute, for 10 minutes. This means that you would perform 10 squats at the start of each minute, and then rest for the remainder of the minute.

EMOM workouts can be tailored to all fitness levels. Beginners can start with shorter workouts, with fewer repetitions of each exercise. As you get stronger, you can increase the duration of your workouts, the number of repetitions, or the weight you are using.



## EMOM : Every Minute On The Minute by Luni5 presenta

★★★★★ 5 out of 5

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Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 9 pages

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EMOM workouts offer a number of benefits, including:

- **Improved strength:** EMOM workouts can help you to build strength by challenging your muscles to work against resistance.
- **Improved endurance:** EMOM workouts can also help to improve your endurance by increasing your cardiovascular fitness.
- **Burned calories:** EMOM workouts are a great way to burn calories and lose weight.
- **Time-efficient:** EMOM workouts are typically short and sweet, making them a great option for people who are short on time.
- **Versatile:** EMOM workouts can be done anywhere, with no special equipment needed.

To do an EMOM workout, simply choose an exercise and a number of repetitions. Then, start the timer and perform the exercise at the beginning of each minute. Rest for the remainder of each minute.

For example, to do the bodyweight squat EMOM workout described above, you would:

1. Set a timer for 10 minutes.
2. At the start of each minute, perform 10 bodyweight squats.
3. Rest for the remainder of each minute.

You can continue this for as many minutes as you like. If you find that the workout is too easy, you can increase the number of repetitions or the weight you are using.

There are many different ways to program EMOM workouts. Here are a few examples:

- **Beginner:** Start with a short workout, with 5-10 repetitions of each exercise. Perform the workout for 10-15 minutes.
- **Intermediate:** Increase the number of repetitions to 10-15, and the duration of the workout to 15-20 minutes.
- **Advanced:** Increase the number of repetitions to 15-20, the duration of the workout to 20-30 minutes, or the weight you are using.

You can also vary the exercises you do in each EMOM workout. For example, you could do a bodyweight squat EMOM one day, a dumbbell lunge EMOM the next day, and a kettlebell swing EMOM the day after that.

There are many different variations of EMOM workouts. Here are a few examples:

- **AMRAP EMOM:** AMRAP stands for "as many reps as possible". In an AMRAP EMOM, you perform as many repetitions of the exercise as you can in each minute.
- **TABATA EMOM:** TABATA is a type of HIIT workout that involves alternating between 20 seconds of work and 10 seconds of rest. In a TABATA EMOM, you perform 8 rounds of the exercise, with 20 seconds of work and 40 seconds of rest.
- **Weighted EMOM:** In a weighted EMOM, you use weights to perform the exercise. This can make the workout more challenging and help you to build strength.

If you are new to EMOM workouts, it is important to start slowly. Begin with a short workout, with 5-10 repetitions of each exercise. Perform the workout for 10-15 minutes.

As you get stronger, you can increase the number of repetitions, the duration of the workout, or the weight you are using.

Here are a few EMOM workouts for beginners:

- **Bodyweight squat EMOM:** Perform 10 bodyweight squats at the beginning of each minute, for 10 minutes.
- **Dumbbell lunge EMOM:** Perform 5 dumbbell lunges on each leg at the beginning of each minute, for 10 minutes.
- **Kettlebell swing EMOM:** Perform 10 kettlebell swings at the beginning of each minute, for 10 minutes.

EMOM workouts are a great way to improve your strength, endurance, and cardiovascular fitness. They are also time-efficient and versatile, making them a great option for people who are short on time.

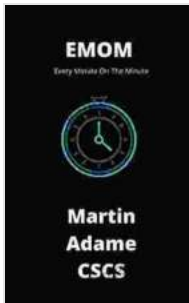
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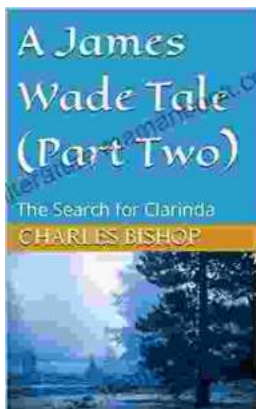
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