DAY 7

EMOM: Exercise Name	Date: Sets	Reps	Lbs
Air Squats	4	25	
High Knees	4	50	
Shoulder Taps	4	30	
Squat Jumps	4	20	
Physio Ball Pass	4	15	

Instructions:

This workout is known as EMOM (every minute on the minute). You will perform all four sets of the first exercise before moving on to the second exercise. You will perform the listed number of reps starting at the beginning of each minute and so on. The quicker you move through your reps, the longer time you have to rest before the next minute starts. Example: If you complete 25 squats in 38 seconds you get 22 seconds to rest before beginning the next set at the top of the following minute.

Try to move to the next exercise with minimal rest (i.e. 30 additional seconds max between last set of squats and first set of high knees).

Bonus Challenge Day 7 – Commit to Your Long Term Goals

Congratulations for making it to the end of the 7 days and committing to some seriously positive shifts in your health and fitness. Getting started is ALWAYS the hardest part, which is why quitting and starting over is the worst thing you can do when working toward a goal. It takes much more momentum to move a train at stand still than it does to move one that's already rolling, no matter how slowly. Take this opportunity to commit to the long-term journey toward better health and fitness and join our community (or another) of supportive individuals working toward the same goals. It's scientifically proven that people reach their goals quicker and at a higher percentage when they have support and accountability from others. If you're ready to continue making steps toward your goal, start by joining our 28 day shred challenge for only $1/day.

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