

EMOM series

January 2025

	S	M	T	W	T	F	S
Week 1	5 Day 1 Lower Body Back	6 Day 2 Shoulders Chest Triceps	7 <i>Rest</i>	8 Day 3 Lunges Abs	9 <i>Rest</i>	10 Day 4 Back Biceps	11 <i>Rest</i>
Week 2	12 Day 5 Glutes Shoulders	13 Day 6 Upper Body	14 <i>Rest</i>	15 Day 7 Lower Abs	16 <i>Rest</i>	17 Day 8 Back Biceps Rear Delt.	18 <i>Rest</i>
Week 3	19 Day 9 Glutes Chest	20 <i>Rest</i>	21 Day 10 Shoulders Abs	22 Day 11 Lower Body Back	23 <i>Rest</i>	24 Day 12 Chest Triceps	25 <i>Rest</i>
Week 4	26 Day 13 Glutes Shoulders	27 Day 14 Upper Body	28 <i>Rest</i>	29 Day 15 Lower Body Back	30 <i>Rest</i>	31 Day 16 Arms Abs	<i>Rest</i>



Minimal equipment : dumbbells, bench or chair and loop band



25 minute long.