***A flexible workout to do at home***

**EMOM = Every Minute On the Minute**

* Rapid fat loss
* Build muscle and strength
* Time efficient
* Focus on safe high quality moves
* Recovery time built in

Start the clock.

First minute - Do the first exercise and rest.

Second minute – do the second minute and rest

Third minute – do the third exercise and rest

Fourth minute – do the fourth exercise and rest

REPEAT as many times as you can. Twice is a good start and then build up the number of times you do the routine. Try to do this twice or three times per week.

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|  | Exercise | Repetitions | Description |
| 1 | Squats | 10 | Wide feet. Bottom as low as possible – use a chair to touch your bottom on to. |
| 2 | Tricep dips | 10 | Sit on floor with hands behind and fingers facing forwards. Lean back and bend elbows. Push back up to sitting. Repeat |
| 3 | Lunges | 16 | Start standing straight. Step one foot forward –bend front and back knee. Push back to starting position. Repeat on other leg. |
| 4 | Press Ups | 10 | Start with knees down and arms wide. Lower chest and then press back up so arms are straight. Repeat. |

**Harder choices:**

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|  | Exercise | Repetitions | Description |
| 1 | Burpees | 10 | Squat thrust from and ending in a standing position. Repeat. |
| 2 | Squats | 14 | Wide feet. Bottom as low as possible – use a chair to touch your bottom on to. |
| 3 | Mountain climber | 14 | A running plank. |
| 4 | Walking Lunges | 20 | Lunge forward and then repeat. |

Remember:

* Warm up a little first ….walk briskly up and down the stairs a few times or jog on the spot for a few minutes.
* Make sure your technique is good.
* Pull your stomach in all the time.
* Have a short stretch afterwards.
* Choose some loud and motivating music!

For more info and other exercise have a look at my website – [www.getfitwithtessa.com](http://www.getfitwithtessa.com)

*Note: Do not do these exercises if you have any concerns about your health – see your GP first.*