

FIT CHICKS®

"Lower Body EMOM" WORKOUT

Set your timer for one minute intervals. Every minute complete the number of reps for a move. Then rest for the remainder of the minute!

- Minute 1: 15 deadlifts**
- Minute 2: 20 jump squats**
- Minute 3: 15 squats**
- Minute 4: 20 jump lunges**
- Minute 5: 15 sumo squats**

Repeat 2-3x

Choose your intensity!

- Level 1 - 3-5 pound weights**
- Level 2 - 8-10 pound weights**
- Level 3 - 15-20 pound weights**

