

## summer slim down

# Cardio & Core EMOM

EVERY MINUTE ON THE MINUTE  
YOU WILL CHANGE THE EXERCISE  
EVERY MINUTE WITH EITHER 15-30  
SECONDS REST OR NO REST.

Bridge  
Mountain Climber  
Crunches  
Inchworms  
Side Plank- right side  
Burpees  
Side Plank- left side  
Jump Squats