

EMOM Drills for Group Training

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Challenge your group training clients to bring their workouts to the next level! The “every-minute-on-the minute” protocol is fun, fast-moving, challenging and results-focused. You’ll learn formats that focus on core, strength, cardio, and more!

EMOM stands for "every minute on the minute," and it's a type of training that involves starting a new set of exercises at the start of each minute (or 2 minutes, etc.) You can do the same movement for the entire duration, or you can rotate through different exercises.

The EMOM protocol allows participants to determine their work rate during the prescribed amount of time. They will rest after completing the exercises until the next cycle begins.

The work and recovery time is up to the participant. The faster the work is completed, the longer the recovery between sets.

By either increasing the amount of work or the difficulty of the work done each cycle, the participant's capacity to recover can be continuously challenged. With time, recovery will be easier and faster, and performance will improve.

Motivation and Exercise Adherence:

The EMOM protocol is fast moving so time passes quickly.

There are unlimited options for reps, timing, and exercise selection. Every workout can be unique.

Participants can adjust the number of reps to increase or decrease intensity. Everyone is appropriately challenged, and all participants are successful.

Metabolic Conditioning:

Metabolic conditioning is a method of anaerobic training that involves a very high work rate, using exercises designed to burn more calories during your workout and maximize calories burned after your workout.

Anaerobic exercise involves activity that breaks down glucose for energy without using oxygen. (May include strength training, weightlifting, jumping, sprinting, etc.)

The EMOM protocol may be a form of metabolic conditioning, depending on exercise selection and other variables that determine intensity (load, ROM, etc.)

Met Con workouts often involve compound strength training exercises.

The EMOM protocol may also be considered high intensity interval training, again depending on the level of intensity and the exercises selected.

EPOC refers to increased metabolic effect post-workout and this can be achieved through high intensity cardio-based interval training or strength-based training.

Intensity can be achieved by increasing volume (amount of work performed), load (amount of resistance), or power (increased work rate).

Why high intensity strength training (HIT) is effective:

HIT involves building and maintaining lean mass. Resistance training builds lean muscle tissue which is metabolically active, meaning that it takes a lot of energy to maintain muscle and keep it functioning.

An increase in 2 – 4 pounds of muscle will equate to an increase in RMR of about 8 percent. (Due to cost of maintaining lean muscle mass and conditioning effects on metabolism.)

Considerations for Metabolic Conditioning for Group Training:

Select simple exercises – note that HIT will induce fatigue. This can impact quality of movement so avoid very complex exercises and focus on safe and simple movements.

Choose closed chain (multiple muscle group) exercises

Select exercise that require “all out” effort

Determine goals for the class – strength based, core, aerobic conditioning, anaerobic conditioning and plan drills accordingly (with regard to protocol, exercise selection, and ratios).

Emphasize proper alignment – the focus is to get the work done quickly, but not at the expense of proper form.

Suggest that new participants adjust reps (ie: 6 instead of 10) or numbers of cycles; Provide opportunities for more advanced students to increase challenge (more reps or progress exercises).

Use a timer for each drill to denote the beginning of the next cycle of exercises.

Encourage your students to cross-train.

Prepare well - Exercise selection, number of reps (practice!), timers.

Some options for programming:

PROTOCOL	TYPE OF EXERCISES	NUMBER OF EXERCISES	NUMBER OF REPS	NUMBER OF CYCLES	NOTES
EMOM	strength	2	8 each	5	Do both exercises within the minute
EMOM	cardio	2	16	6	Do one exercise each minute, alternate for 6 cycles
E2MO2M	combo	4	10 each	4	Complete all exercises within the 2 minute cycle
EMOM	combo	4	varied	8	Do a series of 4 exercises for prescribed reps, continue to cycle through, stopping to do 5 burpees every minute

Warm-up

Cycle through six reps of the following exercises for five minutes. Every minute do 5 push-ups.

Knee Tuck, Frankenstein, Squat, Squat Thrust, Plank Shoulder Taps

Block 1 – EMOM (every minute on the minute) - 6 cycles

Equipment – BOSUs or Body Weight

Exercise	Reps	Equipment	Notes
Plank/Quadruped/Squat Thrust	5	BOSU or Bodyweight	From plank position, Jump to Quadruped (knees hovering), jump back to plank, Jump forward to stand and jump
Alternating Front Deficit Lunge	6	BOSU or Bodyweight	Begin standing behind balance trainer. Lunge to top. Bring rear knee to floor.

Block 2 – Every 1.5 minutes – 5 cycles

Equipment – BOSUs or Body Weight

Exercise	Reps	Equipment	Notes
Kneeling Walk	6	BOSU or Bodyweight	Begin Standing (BOSU or floor), Step back with R foot and lower to kneeling, repeat L. Return to stand.
Lateral Bear Crawl	8	Bodyweight	Start in quadruped position with knees hovering off floor, take two “steps” to right, then left.
Elbow Plank/Jack/Knee Tuck	10	Bodyweight	Begin in elbow Plank, jump feet wide and in, jump feet in and return to plank position.

Block 3 – Every 2 minutes – 4 cycles

Equipment – Gliding Discs, Body Weight

Exercise	Reps	Equipment	Notes
Push-Ups	12	Gliding Discs	Start in Plank position, hands on discs, slide discs laterally, lower into push-up position, return to starting position.
Quadruped Triceps Elbow Drop	12	Bodyweight	Begin in quadruped position with hands in “goalpost” position, drop elbows to floor and return to start position.
Hollow Hold/Paused Knee Tuck	12	Bodyweight	Start in supine hollow hold position, lift to V-sit position with R knee tucked, return to hollow hold, repeat L.
Disc Press-Out	12	Gliding Discs	Begin in quadruped position with hands on discs, slide forward to extended plank position and return to starting position.

Block 4 – Every 2 1/2 minutes – 3 cycles

Equipment – Bodyweight or BOSUs, gliding discs

Exercise	Reps	Equipment	Notes
Mountain climber 3, hop in and out	10	Bodyweight	Start in plank, alternate knees to chest 3x, single leg hop in and back to plank, repeat.
Squat Hop 180	12	Bodyweight	Begin standing, squat, hop and jump 180, repeat.
Alternating Hesitation Lunge	14	BOSU or Bodyweight	Start standing behind BOSU. Step forward to lunge on front side of BT, then place foot to top of BT, lower to lunge, return to start.
Glute Bridge Hamstring Curl	16	Gliding Discs	Begin in supine position with knees bent and heels on gliding discs, lift hips, extend knees then flex, Repeat.

Block 5 – EMOM – 8 weighted jump squats every minute - 6 cycles

Equipment – Bodyweight, BOSUs, Gliding Discs

(Cycle through the following exercises for 6 minutes; break for jump squats on the minute)

Exercise	Reps	Equipment	Notes
Kneeling Quad Extension	10	Bodyweight	Start kneeling with toes turned under. Lean back keeping hips extended, return to starting position.
Quadruped Jacks	8	Bodyweight	Begin in quadruped position with knees hovering off floor. Jump wide and in.
Elbow Plank/Shoulder Flexion	6	Gliding Discs	Start in elbow plank position, forefeet on discs, slide discs back while flexing at shoulders, return to plank.

Block 6 – 8 weighted plyo lunges every 30 seconds – 8 cycles

Equipment – Body Weight

(Cycle through the following exercises for 4 minutes; break for 8 plank shoulder taps every 30 seconds)

Exercise	Reps	Equipment	Notes
Double Crunch, Roll, Push-Up	4	Bodyweight	Begin in supine position, knees above hips, crunch, extend to hollow hold, roll to prone position, do one push-up, roll to starting position.
Reverse Burpee	4	Bodyweight	Start standing, lower to seated position, roll back, roll to stand and jump.
Alternating Side Lunges	4	Bodyweight	Begin standing, step out laterally and lower to lunge position, return to standing, repeat other side.

