November Workout of the Month

The November Workout of the Month is brought to you by Personal Trainer Steve La.

This workout is EMOM (Every Minute on the Minute) for 16 minutes:

- Perform each exercise at the start of each minute.
- If all the reps are completed before the minute, use the remaining time to rest and set up for next exercise.
- Four rounds of the circuit will be completed, amounting to a total of 16 sets/minutes.

1. Bodyweight/Goblet Squats - 15 reps
2. Push Press/Shoulder Press (Dumbbell or Kettlebell) - 12 reps
3. Jump rope - 20 Double Unders or 40 Regular Jumps
4. V-Ups/Elbows to Knees - 15 reps