



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# START STRONG

## START STRONG SATURDAY

Kick off your weekend on a healthy, positive note with our Start Strong Saturday workout from Shelby at the YMCA of Greater Omaha.

OPTIONS FOR WEIGHT: Filled milk jugs (2 cups of water = 1 pound) or dumbbells.

## EMOM WORKOUT

EMOM = Every minute on the minute! You have 1 minute to complete each exercise. However many seconds are left is the break you get between exercises. If you are still completing the exercise when the timer goes off, move to the next one. You can use milk jugs or dumbbells for added resistance.

- Inch worm out, complete 6 mountain climbers, then inch back up---4 inch worms total
- 10-20 yard Run, 3 push-ups, 10-20 yard run, 3 push-ups... for 12 push-ups total
- Alternating Reverse Lunges: 10 each
- Burpees: 10 times
- Squat to shoulder press: 10 reps
- Tricep Kickbacks with weight or Dips: 15 reps
- Plank until you can't anymore!

**Complete 2-4 rounds! Aim to get faster with each round!**