

15 BEST EMOM WORKOUTS TO ELEVATE YOUR FITNESS LEVEL

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1. Fundamental Five

I've included the five basic exercises that will bolster your fundamental strength and take your fitness to the next level.

- 30 Squats
- 25 Push-ups
- 20 Sit-ups
- 10 Pull-ups
- 1-min Plank
- Do four rounds.

2. Super Seven

The Super Seven is a challenging WOD that involves performing a combination of the seven best bodyweight and resistance exercises and repeating them seven times.

- 7 **Thrusters**
- 7 Deadlifts
- 7 Burpees
- 7 Kettlebell Swings
- 7 Pull-Ups
- 7 Bench Press
- 7 Squats
- Repeat seven times.

3. Noble Nine

This WOD contains nine **exercises that target the full body** and enhance overall fitness.

- 9 Burpees
- 9 Pull-ups
- 9 Bodyweight/**DB Pop Squats**
- 9 DB Push Press
- 9 Bent-Over Barbell Rows
- 9 Hanging Leg Raises
- 9 Bar Dips
- 9 Barbell Clean
- 9 Kettlebell Swings

You can repeat as many times as you like.

4. The Terrific Three

Combine any three compound movements and perform for 15-20 minutes.

- 10 Hang power snatches
- 10 Wall-ball shots
- 10 Knees-to-elbows
- Repeat for 6-8 rounds.

5. Chelsea

EMOM for 30 minutes

- 5 Pull-Ups
- 10 Push-Ups
- 15 Air Squats

6. Plyo-WOD

This EMOM workout of the day involves performing four jumping exercises – squat jump, jumping lunges, box jump, and knee tap. Since all are **plyo exercises**, it will be challenging, so try to manage it according to your fitness level.

- 6-10 Squat Jump
- 6-10 Jumping Lunges
- 10-12 Box Jump
- 10-12 High Knee Tap
- Four rounds or 12 minutes

7. EMOM Barbell Complex

Barbell complex is a high-intensity training that involves **performing a series of exercises** without dropping the barbell. For example, if a barbell complex includes squats, deadlift rows, overhead presses, and bent-over rows, perform all the designated reps without leaving the barbell.

You can design your own complex workouts based on your fitness level or try the following ones:

1. Example #1

- 10-12 Landmine Squats
- 10-12 Landmine Press
- 12 One-arm Landmine Row (6/side)
- 12 Landmine Oblique Twist (6/side)
- Three to four rounds

2. Example #2

- 10-15 Barbell Clean
- 10-15 Front Squats
- 10-15 Overhead Press
- 10-15 Bent-over Row
- Do as many as four to five rounds.

8. Kettle-Booster

You can perform various [high-intensity exercises using kettlebells](#), making them excellent equipment for an EMOM workout. Kettlebell exercises help annihilate significant calories and promote a healthy lifestyle.

- 12-15 Racked Squat
- 15-20 Kettlebell Swings
- 10-15 Deadlift
- 12-15 Overhead Press
- 10-12 Kettlebell Snatch
- Perform three to five rounds.

9. EMOM Dumbbell Complex

Like barbell complexes, you can also perform dumbbell complexes to strengthen and tone muscles and enhance cardiovascular fitness.

Here's a 20-minute Dumbbell EMOM WOD:

- 8-10 DB Clean and Press
- 10-12 Bent-over Dumbbell Rows
- 10-12 Dumbbell Pop Squats
- 8-10 Incline DB Chest Presses
- 10-12 [Plank DB Drag](#)
- Aim for five rounds.

10. Three Equipment WOD

This WOD comprises a combination of kettlebell, barbell, and dumbbell exercises. It involves performing six exercises in a round and will take 24 minutes to complete four rounds.

- 15 KB Swings (Left Hand)
- 10-12 Front Squats
- 8-10 Barbell Deadlift

- 15 KB Swing (Right Hand)
- 10-12 [Dumbbell Clusters](#)
- 12-15 Pendlay Rows
- Shoot for four rounds.

11. Super 30

This WOD involves performing three bodyweight exercises: one for the core, one for the lower body, and the last for the upper body.

- 30 Squats
- 30 Push-ups
- 30 Sit-ups
- Perform as many rounds as possible.

12. Tremendous Ten

Tremendous Ten is one of my go-to EMOM WODs. It involves doing ten exercises (a combination of bodyweight and resistance exercises), ten reps each.

- 10 Military Press
- 10 Deadlifts
- 10 Pop Squats
- 10 Barbell Roll Out
- 10 Barbell Snatch
- 10 Front Lunges
- 10 Pull-ups
- 10 Box Jumps
- 10 Bar Dips
- 10 Hanging Leg Raises
- You can repeat as many times as possible.

13. Jumping Fifty

Jumping 50 is an excellent workout for people who use a skipping rope to kindle significant calories and elevate aerobic fitness. This WOD includes performing 50 double-under at moderate to high intensity, followed by a short rest period.

Workout:

- Start a timer and perform 50 double-under, then take a break until the clock hits one minute (60 seconds).
- Repeat as many times as possible.

14. PPLC (Push, Pull, Leg, and Core)

Inspired by a [PPL training program](#), this WOD includes performing one push, pull, leg, and core exercise. The push exercise works the anterior torso, the pull exercise bolsters the rear trunk, the leg exercise trains the lower body part, and the core exercise [engages the abdominal muscles](#).

- 10-12 Thruster
- 8-10 Deadlifts
- 15-20 Hanging Knee Raises
- 10-15 Back/Front Squats
- Aim for three to five rounds.

15. The Ultimate-20

I've designed this Ultimate-20 EMOM WOD for people looking for a challenging workout and wanting to test their fitness level.

It involves performing twenty different exercises, from body weight and resistance to compound and isolation.

The blend of various exercises will help you [enhance your strength](#), endurance, and mobility and take your fitness to the next level.

Here's the workout:

- 20 Box Jumps

- 20 Push-ups
- 20 DB Squats
- 20 Back Extensions
- 20 Barbell Clean
- 20-sec Mountain Climber
- 20 Wall Ball Shots
- 20 **Bar Dips**
- 20 Sit-ups
- 20 Ring Rows
- 20 **Squat Thrust**
- 20 Hanging Knee Raises
- 20 Kettlebell Swings
- 20 Double Unders
- 20 Walking Lunges (10/leg)
- 20-sec Battle Rope
- 20-sec Shadow Boxing
- 20 Bent-Over Barbell Rows
- 20 **Dumbbell Floor Presses**
- 20-sec Side Plank per side

You'll get more rest after performing 20-sec mountain climbers and 20 jumping ropes.

Please note that when you see any difficult exercises, replace them with other exercises that suit your fitness level.

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