

EMOM6

Minut 1: 10sek planke, 50sek pause
Minut 2: 20sek planke, 40sek pause
Minut 3: 30sek planke, 30sek pause
Minut 4: 40sek planke, 20sek pause
Minut 5: 50sek planke, 10sek pause
Minut 6: 60sek planke.