

5-MINUTE PUSH-UPS

DAREBEE **EMOM** WORKOUT © darebee.com

1. Set a timer for 5 minutes.
2. At the start of each minute, perform:
 - Level I:** 5 push-ups
 - Level II:** 10 push-ups
 - Level III:** 15 push-ups
3. Rest for the remainder of the minute.
4. Start the next round at the top of the next minute.
5. Continue until all 5 minutes are complete.

