

21-15-9 Minute Workout Plans

Just want to zone out and get a simple, quick workout in? These sessions are no fuss and require no equipment but will fire up your day and Heart rate! Just choose a 21, 15 or 9 minute workout based on your ability and time available.

AMRAP – as many rounds as possible within the time range

EMOM – each minute on the minute complete the prescribed exercise reps, rest for remainder of minute and repeat

E3MOM – every 3 minutes on the minute complete prescribed reps then rest for remaining time and repeat

LADDERS – 10-1 complete 10 reps of each exercise, then 9, then 8, then 7 etc

Progression – Complete rounds faster, add weight, increase reps

Regression – Complete rounds slower, decrease reps, sub in a modified exercise eg push ups become push ups on knees

Exercise Videos
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[Squats](#)
[Push ups](#)
[Sit ups](#)
[Burpee](#)
[Shuttle Runs](#)
[Shuttle Runs - multi](#)

Day 1 - EMOM	Day 2 - AMRAP	Day 3 - RUN	Day 4 - EMOM	Day 5 - Run	Day 6 -	Day 7 - RUN
21 EMOM 5 Burpees	21 AMRAP 15 x Push ups + 15 x Squats + 10 x Push ups + 10 x Squats + 5 x 10m Shuttle runs	21 Run for 21mins E3MOM complete 10 x push ups + 10 Squats * Start first round at 3min mark	21 EMOM Min 1: 9 Sit ups Min 2: 15 Push ups Min 3: 21 Squats Repeat x 7	21 Fast! Run 100m EMOM Rest for the remainder of the minute, then repeat	21 E3MOM 5 Burpees + 10 Push ups + 15 Squats + In remaining time complete MAX 5m, 10m, 15m Shuttle runs	21 Run! 21 Minutes continuously at a comfortable pace. EMOM increase your pace for 10sec
15 EMOM 6 Burpees	15 AMRAP 15 x Push ups + 15 x Squats + 10 x Push ups + 10 x Squats + 5 x 10m Shuttle runs	15 Run for 15mins E3MOM complete 10 x push ups + 10 Squats	15 EMOM Min 1: 9 Sit ups Min 2: 15 Push ups Min 3: 21 Squats Repeat x 5	15 Fast! Run 100m EMOM Rest for the remainder of the minute, then repeat	15 E3MOM 5 Burpees + 10 Push ups + 15 Squats + In remaining time complete MAX 5m, 10m, 15m Shuttle runs	15 Run! 15 Minutes continuously at a comfortable pace EMOM increase your pace for 10sec
9 EMOM 7 Burpees	9 AMRAP 15 x Push ups + 15 x Squats + 10 x Push ups + 10 x Squats + 5 x 10m Shuttle runs	9 Run for 9mins E3MOM complete 10 x push ups + 5 x Burpees	9 EMOM Min 1: 9 Sit ups Min 2: 15 Push ups Min 3: 21 Squats Repeat x 3	9 Fast! Run 100m EMOM Rest for the remainder of the minute, then repeat	9 E3MOM 5 Burpees + 10 Push ups + 15 Squats + In remaining time complete MAX 5m, 10m, 15m Shuttle runs	9 Run! 9 Minutes continuously at a comfortable pace EMOM increase your pace for 10sec