

A grayscale photograph of a man with a beard, shirtless, rowing on a Concept 2 rowing machine in a gym. The machine has a digital display and a large flywheel. The background is slightly blurred, showing other gym equipment and lights.

HWPO AFFILIATE

EMOM 40 EXAMPLE DAY

INTERACTIVE PDF

SESSION 1 - EMOM 40

A. GENERAL

TABATA

8 x 0:20 on, 0:10 off

4 sets on a machine

4 sets on Jump Rope

B. MOBILITY

10 PVC Pass throughs -

[MOVEMENT DEMO](#)

10 Bridge up + Reach -

[MOVEMENT DEMO](#)

10 Squat to Stand -

[MOVEMENT DEMO](#)

C. SPECIFIC

Hang Squat Snatch

5 Snatch Scoops

5 Hang Power Snatch

5 Hang Squat Snatch

Ramp up to workout weight

EMOM 40

PERFORMANCE

1: 13/10 Cal Row

2: 6 Hang Squat Snatch 95/65lbs

3: 12/9 Cal Fan Bike

4: 60 Double Unders

FITNESS

1: 0:40 Cal Row

2: 10-16 Dumbbell Snatch (light)

3: 12/9 Cal Fan Bike

4: 40-60 Single / Double Unders

EMOM 20

PERFORMANCE

1: 13/10 Cal Row

2: 6 Hang Squat Snatch 95/65lbs

3: 12/9 Cal Fan Bike

4: 60 Double Unders

FITNESS

1: 0:40 Cal Row

2: 10-16 Dumbbell Snatch (light)

3: 12/9 Cal Fan Bike

4: 40-60 Single / Double Unders

NOTES:

Today the EMOM focuses on barbell cycling with hang squat snatches. The goal is to be consistent and technical. At no point should we see members sacrificing technique for speed.

- The row and fan bike should be completed in :45 or less on each round. Scale the prescribed calories up or down accordingly.
- The hang snatch should be full squat snatches and be done unbroken. Scale the weight up or down accordingly.
- The double unders should be done in :40 or less and don't need to be unbroken.

SCORE: Comment, include reps & RPE

Kilograms: 43/30

SCALING OPTIONS:

HANG SQUAT SNATCH:

- Reduce load

DOUBLE UNDERS:

- Reduce Reps
- Practice for 40 seconds their delts/biceps

SESSION 2 - EMOM 40

A. GENERAL

3 sets of
 1:00 Machine
 1:00 Ring Rows / Rope Rows
 1:00 Shuttle run (Jog)

B. MOBILITY

10 Down dog + Calf Pedals -
[MOVEMENT DEMO](#)
 10=15 Ballistic Arm Swings -
[MOVEMENT DEMO](#)
 10 Sky Touches -
[MOVEMENT DEMO](#)

C. SPECIFIC

Rope climbs:
 3/3 Rope Rows (Switch hands on
 top after 3 rows)
 5 Rope Hanging Knee raises
 1 Half Rope Climb

Shuttle Run
 2-4 x 50' Shuttle run

EMOM 40

PERFORMANCE

1: 12/9 Cal Machine
 2: 1-2 Rope Climbs
 3: Max Rep Shuttle Run
 4: Rest

FITNESS

1: 0:30 Cal Machine
 2: 0:30 Pull up / Ring Rows
 3: Max Rep Shuttle Run
 4: Rest

EMOM 20

PERFORMANCE

1: 12/9 Cal Machine
 2: 1-2 Rope Climbs
 3: Max Rep Shuttle Run
 4: Rest

FITNESS

1: 0:30 Cal Machine
 2: 0:30 Pull up / Ring Rows
 3: Max Rep Shuttle Run
 4: Rest

NOTES:

Today's EMOM is part of a HWPO Community Sync up! This EMOM will be performed by all of our fellow Hard Workers on February 1st and we will be synching up 1 EMOM every week for the month of February. Make sure you take out your camera and film this EMOM to share online and tag us ([@HWPOTRAINING](#))

Machine Options:

- 12/9 Fan Bike or 14/11 Row/Ski. This distance should take no more than 45 seconds

SCORE: Comment, include reps & RPE

Kilograms: N/A

SCALING OPTIONS:

ROPE CLIMBS:

- Reduce Reps
- Practice for 40 seconds their delts/biceps