

**TRAIN. PROTECT. PROVIDE.**

# EMOM

**// 2-WEEK SAMPLE**

**I USED TO TRAIN TO BE THE FITTEST ON EARTH. NOW, MY SOLE FOCUS IS TO TRAIN, PROTECT, AND PROVIDE, FOR MYSELF, MY FAMILY, AND MY COMMUNITY – ALL WHILE NEVER GETTING TO ZERO IN THESE AREAS.**

IN SERVICE,  
*Jason*

**TRAIN HARD**



## MONDAY

### EMOM

**RPE 7**

#### EMOM x 21 MINUTES

MIN 1 - :45 Strict Pull-Ups  
MIN 2 - :45 DB Devils Press (C)  
MIN 3 - 12 Cal Row or Bike

(Score is Lowest Reps of Devils Press)

**GOAL:** RPE 7 | The goal in this effort is consistency across the 21min. Move with purpose and try to match your numbers each minute. If you want to hit the gas a little more today...really try to push the pedal down on the Devil's Press and Row intervals.

### EMOM\_DB

**RPE 7**

#### EMOM x 21 MINUTES

MIN 1 - :45 Strict Pull-Ups  
MIN 2 - :45 DB Devils Press (C)  
MIN 3 - :45 Cardio Choice (Mod)

(Score is Lowest Reps of Devils Press)

**GOAL:** RPE 7 | The goal in this effort is consistency across the 21min. Move with purpose and try to match your numbers each minute. If you want to hit the gas a little more today...really try to push the pedal down on the Devil's Press and cardio intervals.

## TUESDAY

### EMOM

**RPE 7**

#### EMOM x 15 MINUTES

Complete 1 Round of...  
4 Burpees  
8 Push-Ups  
12 Alt. Lunges

(No Measure)

**GOAL:** RPE 7 | One of those workouts that looks pretty chill...until you get halfway in. Try to finish each round in about :45:50 through the entire workout. If these numbers are easy for you, strap on a vest and see how it feels with some extra weight.

### EMOM\_DB

**RPE 7**

#### EMOM x 15 MINUTES

Complete 1 Round of...  
4 Burpees  
8 Push-Ups  
12 Alt. Lunges

(No Measure)

**GOAL:** RPE 7 | One of those workouts that looks pretty chill...until you get halfway in. Try to finish each round in about :45:50 through the entire workout. If these numbers are easy for you, strap on a vest and see how it feels with some extra weight.

## WEDNESDAY

### EMOM

**RPE 8**

#### EMOM x 18 MINUTES

MIN 1&2 - AMRAP of 7 Deadlifts\* + 40 Double Unders  
MIN 3 - :30 Cardio Choice (Hard)

(Score is Total Rounds + Reps)

\*Barbell Options...

H - 225/+

B - 185

C - 155/-

**GOAL:** RPE 8 | Smooth and consistent DLs today...the 7 reps should be something you have to think about but not so heavy to compromise your form. Not a frantic pace...but quick and methodical, move from the bar to the rope nice and easy. Push the pace on the :30 Cardio Sprint then rest before your next 2min AMRAP.

### EMOM\_DB

**RPE 8**

#### EMOM x 18 MINUTES

MIN 1&2 - AMRAP of 14 DB Deadlifts (B) + 40 Double Unders  
MIN 3 - :30 Cardio Choice (Hard)

(Score is Total Rounds + Reps)

**GOAL:** RPE 8 | The DB DLs should be smooth and unbroken throughout. Not a frantic pace...but quick and methodical, move from the DBs to the rope nice and easy. Push the pace on the :30 Cardio Sprint then rest before your next 2min AMRAP.

## THURSDAY

### REST DAY OR ACTIVE RECOVERY...

We program our rest days on Thursday and Sunday but you set your training days based on what works for you. We recommend between 3-5 training days per week. When you do rest, give your body what it needs - Full Rest or Active Recovery.

Full Rest can involve rest, recovery, and self care but the priority is rest. Active Recovery can involve low intensity movement for about 20-30min or more. Either way...this is not a day for an intense workout.

### TOMORROW WE TRAIN HARD.

## FRIDAY

### EMOM

**RPE 8**

#### 1.) EMOM x 14 MINUTES

MIN 1 - 3 Up-Downs + 12 Russian KB Swings (H)  
MIN 2 - 3 Up-Downs + 12 DB Push Press (B)

(No Measure)

-Rest as Needed b/t Part 1 & Part 2-

#### 2.) EMOM x 5 MINUTES

:45 Full KB Swings (H)

(Score is Lowest Reps)

**GOAL:** RPE 8 | This one will definitely get spicy. Classic pull-push combo. You should aim to finish each round in about :45. In Part 2, max reps for :45 then rest for :15...the bell goes all the way overhead this time with the full swing.

### EMOM\_DB

**RPE 8**

#### 1.) EMOM x 14 MINUTES

MIN 1 - 3 Up-Downs + 12 Alt. DB Hang Power Clean (B)  
MIN 2 - 3 Up-Downs + 12 DB Push Press (B)

(No Measure)

-Rest as Needed b/t Part 1 & Part 2-

#### 2.) EMOM x 5 MINUTES

:45 Alt DB Hang Power Snatch (B)

(Score is Lowest Reps)

**GOAL:** RPE 8 | This one will definitely get spicy. Classic pull-push combo. You should aim to finish each round in about :45. In Part 2, max reps for :45 then rest for :15. Use one DB for the Hang movements, switching hands each rep. DB goes all the way overhead with the Snatch.

## SATURDAY

### EMOM GUT-CHECK

**RPE 9**

#### EMOM x 30 MINUTES

MIN 1 - 5 Pull-Ups + 10 Push-Ups + 15 Squats  
MIN 2 & 3 - 10 Box Jumps (AC) Immediately Into Cardio Choice (Mod) in Remaining Time...  
MIN 4 - 1:00 DB or KB Farmer Walk (H)  
MIN 5 - 1:00 Rest

(No Measure)

**GOAL:** RPE 9 | Simply grind it out. No excuses. You want to test your grit? These type of workouts will do it. Use the heaviest weight you have available for the Farmer Walk.

### EMOM\_DB GUT-CHECK

**RPE 9**

#### EMOM x 30 MINUTES

MIN 1 - 5 Pull-Ups + 10 Push-Ups + 15 Squats  
MIN 2 & 3 - 10 Box Jumps (AC) Immediately Into Cardio Choice (Mod) in Remaining Time...  
MIN 4 - 1:00 DB or KB Farmer Walk (H)  
MIN 5 - 1:00 Rest

(No Measure)

**GOAL:** RPE 9 | Simply grind it out. No excuses. You want to test your grit? These type of workouts will do it. Use the heaviest weight you have available for the Farmer Walk.

## SUNDAY

### REST DAY... OR THMC WORKOUT

The TRAIN HARD MEN'S CLUB (THMC) is a way for you to get after it with your tribe. There will be a fresh THMC workout each month for you to get after. You can hit it whenever you want this month...it will be posted here each Sunday.

Post a pic of your tribe getting after it and tag @trainhard.fit on IG. Leave your comments here.

### JANUARY 24

#### THMC

EMOM x 30 MINUTES  
MIN 1 - :45 Burpees  
MIN 2 - :45 Shuttle Sprints\*  
MIN 3 - :45 Alt. DB Snatch (AC)  
MIN 4 - :45 Shuttle Sprints\*  
MIN 5 - 1:00 Rest

\*25' down and back

(No Measure)

**GOAL:** RPE 9 | Don't overthink it. Grab some buddies. Train Hard.

### WORKOUT // ABBREVIATIONS

- H - Heavy
- B - Baseline
- C - Conditioning
- AC - Athlete Choice
- KB - Kettlebell
- DB - Dumbbell
- BB - Barbell
- ALT - Alternating
- DBL - Double
- ROM - Range of Motion
- RPE - Rate of Perceived Exertion
- AMRAP - As Many Rounds as Possible
- EMOM - Every Minute on the Minute
- Barbell Weights - H/B/C Options Listed for Every Workout or AC

### WORKOUT // RECOMMENDATIONS

- Every workout comes with a short goal write-up and RPE rating (Rate of Perceived Exertion) to guide you. We represent RPE on a 1-10 scale, 1 being the easiest and 10 being the hardest.
- In every workout, we will suggest a weight category for all BB, KB, and DB movements. These are just suggestions. You should always choose the best weight for you in that workout that day.
- KB and DB movements listed in the workout as either H, B, C, or will be noted as AC. These are based on the intended feel for that movement and the equipment lists. Choose the weight that best fits that feel for you.
- BB movements will have (3) weight options listed for every workout or will be noted as AC. Baseline is the goal weight envisioned for the workout based on the intended feel. Heavy gives you the option to go heavier. Conditioning gives you the option to go lighter. These are just suggestions. You should always choose the best weight for you in that workout that day.
- Box Jump or Step-Up movements are always listed as AC. Athletes should choose the height that works best for them.
- Cardio Choice means you get to pick run, bike, row, or any other form of cardio. These will be labeled either as Easy, Mod, or Hard to guide your effort. Adjust as needed.
- The overall best rule in every workout is to always choose the pace, weight, height, and equipment that gives you the best workout for that day. TRAIN HARD.

## MONDAY

### EMOM

RPE 9

#### EMOM x 15 MINUTES

MIN 1 - :30 Cardio Choice (Hard)  
MIN 2 - :45 Double DB Hang Snatch (C)  
MIN 3 - 1:00 Run/Jog (Easy)

(Score is Reps of Hang Snatch)

**GOAL:** RPE 9 | LET'S GO. Goal today is to sell out on the sprint, try to move for the full :45 with the lighter DBs, and recover with a smooth run each round. Can you meet or beat your reps on the DBs in each of the 5 rounds?

### EMOM\_DB

RPE 9

#### EMOM x 15 MINUTES

MIN 1 - :30 Cardio Choice (Hard)  
MIN 2 - :45 Double DB Hang Snatch (C)  
MIN 3 - 1:00 Run/Jog (Easy)

(Score is Reps of Hang Snatch)

**GOAL:** RPE 9 | LET'S GO. Goal today is to sell out on the sprint, try to move for the full :45 with the lighter DBs, and recover with a smooth run each round. Can you meet or beat your reps on the DBs in each of the 5 rounds?

## TUESDAY

### EMOM

RPE 7

#### EMOM x 20 MINUTES

MIN 1 - 10 Unbroken Deadlifts (AC)\*  
MIN 2 - 10-15 Burpees Over Bar  
MIN 3 & 4 - Cardio Choice (Easy)

\*Moderate-Heavy Weight and All Reps Unbroken

(Score is Weight on DL)

**GOAL:** RPE 7 | Athlete choice today on how to approach the weight for this workout but quality is the name of the game. Keep it in the Moderate-Heavy range and move with purpose. Today's a good day to flow and go...RPE 7 means we are keeping a moderate pace across the entire workout.

### EMOM\_DB

RPE 7

#### EMOM x 20 MINUTES

MIN 1 - :40 Unbroken DB Deadlifts (B)  
MIN 2 - 10-15 Burpees  
MIN 3 & 4 - Cardio Choice (Easy)

(No Measure)

**GOAL:** RPE 7 | Athlete choice today on how to approach the reps for this workout but quality is the name of the game. Keep all of your reps smooth and move with purpose. Today's a good day to flow and go...RPE 7 means we are keeping a moderate pace across the entire workout.

## WEDNESDAY

### EMOM

RPE 8

#### EMOM x 8 MINUTES

MIN 1 - :45 Push Press\*  
MIN 2 - :45 Jump Rope

-Rest 2:00 b/t EMOMs-

#### EMOM x 8 MINUTES

MIN 1 - :45 Front Squats\*  
MIN 2 - :45 Jump Rope

(Score is Total Reps of Push Press + Front Squats)

\*Barbell Options...

H - 115/+  
B - 95  
C - 75/-

**GOAL:** RPE 8 | Looking to cycle reps in bigger sets today. The weight you choose should be doable for at least 10-15 reps when you are fresh. On the rope, just move and breath. The focus today is moving the lighter barbell.

### EMOM\_DB

RPE 8

#### EMOM x 8 MINUTES

MIN 1 - :45 DB Push Press (C)  
MIN 2 - :45 Jump Rope

-Rest 2:00 b/t EMOMs-

#### EMOM x 8 MINUTES

MIN 1 - :45 DB Front Squats (C)  
MIN 2 - :45 Jump Rope

(Score is Total Reps of Push Press + Front Squats)

**GOAL:** RPE 8 | Today's goal is to cycle reps of the DB movements. The DBs should be light enough to move for bigger sets. Try to keep the DBs on your body as much as possible and not waste the :45 looking at them on the floor!

## THURSDAY

### REST DAY OR ACTIVE RECOVERY...

We program our rest days on Thursday and Sunday but you set your training days based on what works for you. We recommend between 3-5 training days per week. When you do rest, give your body what it needs - Full Rest or Active Recovery.

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### TOMORROW WE TRAIN HARD.

## FRIDAY

### EMOM

RPE 7

#### EMOM x 18 MINUTES

MIN 1 - :45 Strict Pull-Ups  
MIN 2 - :45 Box Step-Ups (AC)  
MIN 3 - :45 Russian KB Swings (H)

(Score is Total Reps)

**GOAL:** RPE 7 | Today is an interesting mix of quality work and intensity. You can push the pace on the Step-Ups and the Swings but be disciplined with your Strict Pull-Ups. If you're still working on your Pull-Ups, use a band or adjust to a Bent Over Row.

### EMOM\_DB

RPE 7

#### EMOM x 18 MINUTES

MIN 1 - :45 Strict Pull-Ups  
MIN 2 - :45 Box Step-Ups (AC)  
MIN 3 - :45 Alt. DB Hang Power Clean (B)

(Score is Total Reps)

**GOAL:** RPE 7 | Today is an interesting mix of quality work and intensity. You can push the pace on the Step-Ups and the HPC but be disciplined with your Strict Pull-Ups. If you're still working on your Pull-Ups, use a band or adjust to a Bent Over Row.

## SATURDAY

### EMOM GUT-CHECK

RPE 9

#### EMOM x 30 MINUTES

MIN 1 & 2 - Run 400m  
MIN 3 & 4 - 1:30 Squat Clean & Overhead\*  
MIN 5 - 1:00 DB Floor Press (B)  
MIN 6 - 1:00 Rest

(Score is Lowest Reps Clean & Overhead)

\*Barbell Options...

H - 155/+  
B - 135  
C - 115/-

**GOAL:** RPE 9 | Gut. Check. Time. For the 1:30 of Squat Clean & Overhead...small sets is a great strategy. Just keep doing one more rep. Your score today is your lowest round of Clean & Overhead. Smooth is fast when you're working this long...be smooth!

### EMOM\_DB GUT-CHECK

RPE 9

#### EMOM x 30 MINUTES

MIN 1 & 2 - Run 400m  
MIN 3 & 4 - 1:30 DB Squat Clean & Overhead (B)  
MIN 5 - 1:00 DB Floor Press (B)  
MIN 6 - 1:00 Rest

(Score is Lowest Reps of Clean & Overhead)

**GOAL:** RPE 9 | Gut. Check. Time. Gotta just keep moving in this workout. For the 1:30 of Squat Clean & Overhead, try to pick a number that you want to do in a row each time you touch the DBs. You have a rest at the end of every round. Smooth is fast when you're working this long...be smooth!

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