**SPRINT PROGRAMMA 4**EMOM
**EMOM – EVERY MINUT ON THE MINUT**

**WORKOUT 1**
POLE TO POLE FROM 50% TO 100%
MINUTES 1 8 JUMP SQUATS
MINUTES 2 2 BASE HIT
MINUTES 3 7 JUMP SQUATS
MINUTES 4 2 BASE HIT
MINUTES 5 6 JUMP SQUATS
MINUTES 6 1 BASE HIT
 **WORKOUT 2**
POLE TO POLE FROM 50% TO 100%
MINUTES 1 10 JUMP SQUATS
MINUTES 2 3 BASE HIT
MINUTES 3 8 JUMP SQUATS
MINUTES 4 2 BASE HIT
MINUTES 5 6 JUMP SQUATS
MINUTES 6 1 BASE HIT
 **WORKOUT 3**
POLE TO POLE FROM 50% TO 100%
POLE TO POLE FROM 50% TO 100%
MINUTES 1 10 JUMP SQUATS
MINUTES 2 3 BASE HIT
MINUTES 3 10 JUMP SQUATS
MINUTES 4 3 BASE HIT
MINUTES 5 8 JUMP SQUATS
MINUTES 6 2 BASE HIT
 **WORKOUT 4**
POLE TO POLE FROM 50% TO 100%
MINUTES 1 10 JUMP SQUATS
MINUTES 2 2 BASE HIT
MINUTES 3 10 JUMP SQUATS
MINUTES 4 2 BASE HIT
MINUTES 5 10 JUMP SQUATS
MINUTES 6 2 BASE HIT
MINUTES 7 8 JUMP SQUATS
MINUTES 8 2 BASE HIT

 **WORKOUT 5**
POLE TO POLE FROM 50% TO 100%
MINUTES 1 12 JUMP SQUATS
MINUTES 2 2 BASE HIT
MINUTES 3 12 JUMP SQUATS
MINUTES 4 2 BASE HIT
MINUTES 5 10 JUMP SQUATS
MINUTES 6 2 BASE HIT
MINUTES 7 8 JUMP SQUATS
MINUTES 8 2 BASE HIT

 **WORKOUT 6**
POLE TO POLE FROM 50% TO 100%
MINUTES 1 12 JUMP SQUATS
MINUTES 2 2 BASE HIT
MINUTES 3 12 JUMP SQUATS
MINUTES 4 2 BASE HIT
MINUTES 5 12 JUMP SQUATS
MINUTES 6 2 BASE HIT
MINUTES 7 8 JUMP SQUATS
MINUTES 8 2 BASE HIT