**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