

Welcome to EmergencyFit

If you are new to training and reading workouts some of the terminology can be hard to grasp at first, but don't let that scare you away or become a barrier to training. This comprehensive glossary of common terms will help you become an expert from day one and avoid any confusion during your program.

What is AMRAP?

AMRAP, or **As Many Repetitions as Possible**, is a workout structure where you have a set amount of time to do as many repetitions and rounds of the prescribed exercises as you can. Most AMRAP routines vary in length, you will come across some set at 10, 15, 30 minutes or other variations of length for the workout.

What is EMOM?

EMOM, or **Every Minute on Minute**, is a workout structure where you have to perform a set of prescribed exercises every minute, while the clock is running.

In other words, you have to perform a specific task every time the clock hits :00. A good example can be:

1. 10 minute EMOM

- 1 Dumbbell Hang Power Clean + 1 Dumbbell Push Press

An EMOM can also be programmed with more than one movement, like below.

2. 10 minute EMOM

- Evens: 7 Pull-Ups
- Odds: 10 Goblet Squats

This means that when the clock starts at 00:00 (evens), you perform 7 Pull-Ups. When the clock hits 01:00, you perform 10 Goblet Squats(odds). When the clock hits 02:00 (even again) you perform 7 Pull-Ups and so on so forth.

Rounds for Time

A workout structure where you have to complete X rounds of a prescribed set of exercises as fast as you can.

In this case, you would do the prescribed reps/rounds/movements until you have finished, or the time runs out and the workout stops.

5 Rounds For Time:

- 200m Run
- 10 Sit-Ups
- 5 Push-Ups

Sets And Reps or Repetitions

The number of times you will perform the indicated number of reps (Sets). The number times a movement is to be performed/repeated at a time. We always program the sets and then the repetitions.

Tempo

Tempo looks something like this:

- @2020 Tempo
- @42X1 Tempo

The first number signifies the eccentric or down phase of a movement. For example, on the first set of numbers we are asking you to do a 2 second long eccentric or down phase. The second number is the bottom end range of a movement, for example in the first set of numbers we have a 0, this means you would get to the bottom of the squat and pause there for 0 seconds. On the second set of numbers we have a 2, this means you would pause for 2 seconds at the bottom end range of the movement. The third number in is the concentric or up phase of the movement. Going back to our example numbers, the first set of numbers indicates we want to have a controlled concentric phase of 2 seconds. Meaning it would take us 2 seconds to stand up out of the bottom of the squat. Now, on the second example we have an X, that means we want to stand up out of the bottom of the squat as fast as we can. The X stands for "Explosive". Now, for the last digit. The fourth number in signifies the top end range of a movement. If we stick with the trend of using the squat as our example, it would look like the top of the rep. You've descended into the bottom of the squat stood up and now you pause at the top for the determined amount of time. Our examples are calling for 0 and 1 second. So, you would stand at the top of the rep for 0 seconds and 1 second respectively.

So, why is tempo so important? This allows us to slow a movement down and forces us to control the quality of our movement. It also increases the intensity of any given movement due to an increase in time under tension. Which directly correlates to strength gains.