

Chelsea — EMOM for 30 minutes

Every minute on the minute: 5 pull-ups, 10 push-ups, 15 air squats · Score: completed minutes

Workout

- Set a 30:00 timer. At the start of every minute, perform:
- 5 pull-ups
- 10 push-ups
- 15 air squats
- Rest in the remaining time of each minute. If you fail to complete within a minute, continue AMRAP until 30:00.

Movement standards (summary)

- Pull-ups: chin over bar; full extension at bottom.
- Push-ups: chest to floor; full lockout; body in one line.
- Air squats: hip crease below knee; full stand to finish.

Scaling options

- Pull-ups → banded pull-ups, ring rows, or jumping pull-ups.
- Push-ups → incline push-ups or knees on floor.
- Reduce reps to 4/8/12 or 3/6/9 to stay EMOM.

Scoring

- Score = number of minutes completed unbroken as prescribed.
- If you miss a minute, keep working for quality AMRAP until time cap.

Tips

- Pace early—smooth reps to preserve grip and push-up stamina.
- Keep transitions tight; shake out arms during rest margin.
- Aim for 40–45 sec of work with 15–20 sec rest each minute.