



## KC Workout A

### Workout A: 50-10 Total-Body Strength Training

- 20-minute Workout
- Use the custom interval timer provided in the video description or set your own timer at 50 seconds of work and 10 seconds of rest alternating between the “hub” and the “spokes”. Rest 1 minute between cycles.

### Part I: EMOM (Every Minute On The Minute) - 10 min

- Perform a 2 to 1 ratio of Parallel Bar Dips & Pull-ups (2-1, 4-2, 6-3, etc.)
- Follow the custom timer and perform an EMOM resting the remainder of the minute
- Ex: Minute 1: Parallel Dips  
Minute 2: Pull-ups  
Minute 3: Parallel Bar Dips

### Part II: Total Body Strength Circuit - 20 min.

- Spokes:**
1. Zottman Curls
  2. Push-ups
  3. Inverted Rows
  4. Turkish Get-Ups Left
  5. Turkish Get-Ups Right

### Workout Notes:

- \* *Our focus this month is to increase reps in the Parallel Bar Dips and Pull-ups. Practice these two 1-2x per week.*
- \* *Push-ups: The goal is to master the push-up. Once you can do 10 push-ups in the :50 work period, add the staggered 1-arm push-up.*
- \* *Track your progress using the KC Performance Tracker found on the webpage.*
- \* *Please post your post-workout report in the comment section*