



Stay Strong Traveler – Acronym Glossary

AMRAP – As Many Rounds (or Reps) As Possible

A timed workout where you repeat a sequence of movements as many times as you can within the set time limit. Focus on intensity and quality.

EMOM – Every Minute on the Minute

At the top of each minute, perform a specific movement or sequence. Rest for the remainder of the minute. Great for pacing, structure, and intensity control.

TUT – Time Under Tension

The total time a muscle is under strain during a rep. Slowing down reps builds strength, control, and metabolic stress.

RPE – Rate of Perceived Exertion

A scale (typically 1–10) for how hard a movement or workout feels. Helps adjust intensity when training solo.

Tempo (e.g., 3-1-1)

Refers to the timing of each phase of a movement: 3 seconds lowering (eccentric), 1 second pause, 1 second lifting (concentric). Example: Tempo squat = slow on the way down, brief hold, fast up.

Plank Variations

- Forearm Plank: Elbows under shoulders, forearms on floor
- High Plank: Arms extended, like the top of a push-up
- Side Plank: One forearm on floor, feet stacked or staggered, side body engaged

Box Breathing

A breath control technique: Inhale 4 sec → Hold 4 sec → Exhale 4 sec → Hold 4 sec. Calms the nervous system and builds mental focus.

AMRAP vs. For Time vs. EMOM

- AMRAP = Endurance & focus
- For Time = Intensity & urgency
- EMOM = Structure & pacing