

STRENGTH

Fitness Program 3/20/2020

A fitness program
specially designed for
Home Workouts

Reminders:

- Perform a 5 min warm-up and 5 min-cool down before and after exercise
- Modify exercises/rounds/reps as you need
- Make sure it is challenging, but not compromising your form.
- Contact the Fitness Center: fitness@swri.org

Workout 1:

Start with 20 reps of each exercise with 10 burpees, then 16 reps of each exercise with 10 burpees and so on.

20, 16, 12, 8, 4 Reps

- Squats
- Push Ups
- Reverse Lunges
- Sit Ups

* 10 Burpees between each round

Workout 2:

AMRAP: As Many Rounds/Reps As Possible
Alternate between the 2 five minute sections. Perform 5 minutes of cardio followed by 5 minutes of rotating through each exercise with the desired reps. Alternate between the 2 for 3 rounds and a total of 30 minutes.

3 Rounds (30 Minutes)

- 5 min Run/Cardio
- 5 min AMRAP
 - 4 Burpees
 - 6 Push Ups
 - 8 Reverse Lunges
 - 10 Squats
 - 12 Glute Bridges

Workout 3:

EMOM: Every Minute On the Minute
At the start of min 1 perform 24 lunges and use the remaining of the minute to rest. At the start of minute 2 perform 12 push ups and use the remaining of the minute to rest and so on for 5 rounds.

5 Rounds (30 min EMOM)

- Min 1: 24 Lunges (total)
- Min 2: 12 Push Ups
- Min 3: 20 Squats
- Min 4: 24 Shoulder Taps
- Min 5: 10 Burpees
- Min 6: 10 V-Ups

Workout 4:

Rotate through each exercise for 3 rounds.

3 Rounds

- 50 Alternating Lunges (total)
- 40 Sit Ups
- 30 Squats
- 20 Step Ups (total)
- 10 Burpees

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Workout 4:

Perform 10 reps of each exercise, then perform 9 reps of each exercise and so on.

10, 9, 8, 7, 6, 5, 4, 3, 2, 1 Reps

- Plank Jacks
- Lateral Lunges
- Shoulder Taps (each)
- Step Ups (each)
- Push Ups
- Squat Jumps

Workout 5:

Perform all the reps of the first exercise before moving on to the second exercise.

1 Round

- 100 Squats
- 90 sec Plank
- 80 Lunges (total)
- 70 Bicycle Crunch (total)
- 60 Shoulder Taps
- 50 Glute Bridges
- 40 Sit Ups
- 30 Step Ups
- 20 Tricep Dips
- 10 Inch Worms

Workout 6:

Alternate between the pair of exercises for 5 minutes, each round increasing the reps by 2 (2 Jumping Jacks, 2 Walking Lunges, 4 Jumping Jacks, 4 Walking Lunges, 6 Jumping Jacks....and so on), rest for 1-2 minutes and then move to the next pair.

5 min AMRAP / 2 min Rest

2, 4, 6, 8, 10, 12, 14, 16... Reps

- Jumping Jacks
- Walking Lunges

- Squats
- Push Ups

- Mountain Climbers
- Glute Bridges

- Step Ups
- Tricep Dips

- V-Ups
- Superman

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Workout 1:

Perform all the reps of the first exercise before you move to the next exercise.

1 Round

- 70 Dead Bug
- 60 Crunches
- 50 Feet Circles
- 40 Sit Ups
- 30 Windshield Wipers
- 20 Superman
- 10 V-Ups

Workout 2:

Perform 30 reps of the first exercise then move to the next exercise.

1 Round

- 30 Sit Ups
- 30 Reverse Crunch
- 30 V-Ups
- 30 Bicycle Crunch
- 30 Plank Rotations
- 30 Scissors
- 30 Heel Touches
- 30 In & Outs
- 30 Bird Dogs

Workout 3:

Perform 40 reps of each exercise and then 30 reps of each exercise and then 20 and so on.

40, 30, 20, 10 Reps

- Plank (seconds)
- Toe Touches
- Flutter Kicks
- Heel Touches
- Hip Dips (total)

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Workout 4:

Tabata: 20 sec work/10 sec rest for 4 min. Perform each exercise of Tabata 1 for 20 seconds and 10 seconds of rest in between for a total of 4 minutes (2 rounds). Then move to Tabata 2.

Tabata 1

- Toe Touches
- Leg Raises
- Bicycle Crunch
- Bird Dog

Tabata

- Sit Ups
- In & Outs
- Dead Bug
- Body Saw

Workout 5:

Tabata: 20 sec work/10 sec rest for 4 min. Perform each exercise of Tabata 1 for 20 seconds and 10 seconds of rest in between for a total of 4 minutes (2 rounds). Then move to Tabata 2.

Tabata

- Crossover Sit Ups
- Scissors
- Reverse Crunch
- Plank

Tabata

- V-Ups
- Crossover Crunch (Right Side)
- Crossover Crunch (Left Side)
- Hollow Hold

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