

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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For inquiries, call the Fitness Center at x5100

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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 \(total\)](#)

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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