



Kerrville Parks & Recreation Presents

Community Workouts brought to you by 04 Strength

Wednesday, April 22, 2020 – Earth Day Workout

- Part A: TABATA (20 seconds of work / 10 seconds of rest – 8 total rounds)
V-Ups (4 rounds)
Push-ups (4 rounds)
*alternate V-ups & Push-ups
- Part B: EMOM (Every minute on the minute – 10 minutes)
Odd Minute: 5 air squats + 5 burpee
Even Minute: 5 air squats + 5 jumps over object

Monday, April 27, 2020

- Part A: 8 rounds of 30 seconds on / 30 seconds off
Max effort burpees
- Part B: 8 minute AMRAP (as many rounds as possible)
10 push-ups
10 sit-ups
20 mountain climbers
*every minute do 20 line hops

Monday, May 4, 2020

- Part A: TABATA (20 seconds of work / 10 seconds of rest - 8 rounds)
Hollow Body (4 rounds)
Superman (4 rounds)
*alternate hollow body and superman
- Part B: 5 rounds of 2 minutes on / 1 minute rest
15 Air Squats (buy in)
Then AMRAP (As Many Rounds As Possible)

8 Toe Touches (no weight deadlift)

5 Burpee Broad Jumps

Wednesday, May 6, 2020

- Part A: 10 min of work

3, 6, 9, 12...

V-up

Lunge

Burpee

*(+3 reps of each move until time is done)

- Part B: 5 min

Plank (accumulated)

Monday, May 11, 2020

- Part A: 12 min AMRAP

12 Sprawls

12 Broad Jumps

12 Air Squats

12 Sit-Sps

- Part B: 3 rounds

20 Russian Twists

10 Ski Jumps

20 Mountain Climbers

Wednesday, May 13, 2020

- Part A: 3 Rounds (Not For Time)

10 Split Squats (5 on right / 5 on left – one foot elevated)

5 Tempo Push-Up (5 second count on the way down, explode up)

10 Lateral Lunge

- Part B: Cardio (At Your Own Pace)

1 Mile Run

4 Minute Rest

1 Mile Run

Monday, May 18, 2020

- Part A: 7 minutes for Quality

10 Dips

10 Glute Bridges (lift hips off the ground until knees, hips and shoulders lined up)

10 Windshield Wipers (raise your legs 90 degrees, and rotate your legs from side to side)

- Part B: 3 Rounds (3 minute AMRAP / 1 minute rest)

Round 1: 15 Thrusters / 15 Burpees

Round 2: 12 Thrusters / 12 Burpees

Round 3: 9 Thrusters / 9 Burpees

Wednesday, May 19, 2020

- Part A: TABATA (20 Second of Work / 10 Seconds of Rest – 8 Rounds)

Hollow Body (4 Rounds)

Superman (4 Rounds)

*Alternate rounds

- Part B: 12 min AMRAP (As Many Rounds As Possible)

4 Bear Crawls (20 ft.)

20 Lunges

Every 2 Minutes - 5 Burpees