

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<div><div><div><div><div><div></div><div>Travel - Quad Focused</div></div><div><div><div></div><div>Repeat 3 times:</div></div><div>10 lateral banded steps - each side</div><div>...</div></div><div><div><div>A) Wall Sit</div><div>*This is an activation exercise to allow your muscles and your central nervous system to prepare for heavier loads</div><div>--</div><div>Set 1</div><div>Hold for 30s</div><div>rest 45s</div></div><div>Set 2</div><div>Hold for 45s</div><div>rest 45s</div><div>Set 3</div><div>Hold for 60s</div><div>Done</div></div><div><div><div>B) TRX Squats</div><div>3 sets</div><div>15 reps</div><div>Controlled tempo</div><div>rest 60s</div></div><div><div><div>C) TRX Back Lunge</div><div>3 sets</div><div>15 reps each side</div><div>Controlled tempo</div><div>rest 60s</div></div><div><div><div>D1) Walking Lunge</div><div>-Can do these just bodyweight</div><div>--</div><div>3 sets</div><div>15 reps each side</div><div>Controlled tempo</div><div>Rest 30s then move on to D2</div></div><div><div><div>D2) Standing Calf Raise</div><div>-Do these stinging on a step or a book, or even just from the floor, stand up to your tipy toes</div><div>--</div><div>3 sets</div><div>15 reps</div><div>Controlled tempo</div><div>Rest 30s then go back to D1</div></div></div><div><div><div>Repeat the following 3 times:</div><div>Figure 4 Stretch: 30s each side</div><div>Quadricep Stretch: 30s each side</div></div></div></div></div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>Travel - Chest & Tricep Focused</div></div><div><div><div></div><div>Repeat the following 3 times:</div></div><div>10 arm circles - front and back</div><div>...</div></div><div><div><div>A) Incline Bench Push-Up</div><div>*Use a chair, countertop, couch, coffee table or desk for the incline</div><div>--</div><div>3 sets</div><div>15 reps</div><div>controlled tempo</div><div>rest 60s</div></div><div><div><div>B) Bench Dip</div><div>*Do these on a chair</div><div>3 sets</div><div>AMRAP (as many reps as possible)</div><div>controlled tempo</div><div>rest 60s</div></div><div><div><div>C1) Incline Diamond Push Ups</div><div>*Use a chair, countertop, couch, coffee table or desk for the incline</div><div>--</div><div>3 sets</div><div>15 reps</div><div>Controlled tempo</div><div>rest 30s then move on to C2</div></div><div><div><div>C2) Side Lying Tricep Extension</div><div>3 sets</div><div>15 reps each side</div><div>controlled tempo</div><div>after doing both arms, rest 30s then go back to C1</div></div><div><div><div>D1) Reverse Crunch</div><div>3 sets</div><div>15 reps</div><div>controlled tempo</div><div>rest 30s then move on to D2</div></div><div><div><div>D2) Frog Crunch</div><div>3 sets</div><div>15 reps</div><div>controlled tempo</div><div>rest 30s then return to D1</div></div></div><div><div><div>Repeat the following 3 times:</div></div></div></div></div></div></div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>Travel - Glute & Shoulder Focused</div></div><div><div><div></div><div>Repeat 3 times:</div></div><div>10 lateral banded steps - each side</div><div>...</div></div><div><div><div>A) Marching Bridge</div><div>3 sets</div><div>15 reps each leg</div><div>controlled tempo</div><div>rest 45s</div></div><div><div><div>B) Bodyweight Hip Thrust</div><div>3 sets</div><div>15 reps</div><div>powerful tempo + 2s hold at the top</div><div>rest 60s</div></div><div><div><div>C) Prone Floor Frog Pump</div><div>3 sets</div><div>15 reps</div><div>Controlled tempo with a glute squeeze at the top</div><div>rest 60s</div></div><div><div><div>D) Alternating Isometric Lateral Raise</div><div>*Use light pillows for these - they will still BURN!</div><div>--</div><div>3 sets</div><div>15 reps each side</div><div>controlled tempo</div><div>rest 60s</div></div><div><div><div>E1) Banded Seated Hip Abduction</div><div>3 sets</div><div>15 reps</div><div>Controlled tempo</div><div>no rest, move directly on to E2</div></div><div><div><div>E2) TRX Face Pull</div><div>3 sets</div><div>15 reps</div><div>Controlled tempo</div><div>rest 30s then go back to E1</div></div></div><div><div><div>Repeat the following 3 times:</div><div>Figure 4 Stretch: 30s each side</div><div>Quadricep Stretch: 30s each side</div></div></div></div></div></div></div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>Rest day</div></div><div><div><div></div><div>Rest day</div></div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>Travel - Back & Bicep Focused</div></div><div><div><div></div><div>Repeat the following 3 times:</div></div><div>10 arm circles - front and back</div><div>...</div></div><div><div><div>A) TRX Row - Neutral Grip</div><div>3 sets</div><div>15 reps</div><div>Controlled tempo</div><div>rest 45s</div></div><div><div><div>B) TRX Chin Up</div><div>*make sure to get a full extension in the arms at the hanging position</div><div>--</div><div>3 sets</div><div>15 reps</div><div>controlled tempo - no swinging the body</div><div>rest 60s</div></div><div><div><div>C) TRX Bicep Curl</div><div>3 sets</div><div>15 reps</div><div>controlled tempo</div><div>rest 60s</div></div><div><div><div>D1) Crunch</div><div>3 sets</div><div>15 reps</div><div>Controlled tempo</div><div>rest 30s then go on to D2</div></div><div><div><div>D2) TRX Mountain Climbers</div><div>3 sets</div><div>15 reps each side</div><div>controlled tempo</div><div>rest 30s then go back to D1</div></div></div><div><div><div>Repeat the following 3 times:</div><div>Cat-Cow: 30s</div><div>...</div></div></div></div></div></div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>Travel - Hamstring & Glute Focused</div></div><div><div><div></div><div>Repeat 3 times:</div></div><div>10 lateral banded steps - each side</div><div>...</div></div><div><div><div>A) TRX Hip Hinge</div><div>*This is an activation exercise to allow your muscles and your central nervous system to prepare for heavier loads</div><div>--</div><div>3 sets</div><div>15 reps</div><div>controlled tempo</div><div>rest 45s</div></div><div><div><div>B) TRX Sumo Squat</div><div>*This is a WIDE stance squat to work especially into the hamstrings and the glutes</div><div>--</div><div>3 sets</div><div>15 reps</div><div>Controlled tempo</div><div>rest 60s</div></div><div><div><div>C) TRX Hamstring Curls</div><div>3 sets</div><div>15 reps</div><div>3111 tempo - slow release</div><div>rest 60s</div></div><div><div><div>D1) Bodyweight Hip Thrust</div><div>3 sets</div><div>15 reps</div><div>Controlled tempo - 2s pause at the top ;)</div><div>rest 30s then move on to D2</div></div><div><div><div>D2) Banded Quadrupep Kickback</div><div>3 sets</div><div>15 reps</div><div>Controlled tempo</div><div>rest 30s then go back to D1</div></div></div><div><div><div>Repeat the following 3 times:</div><div>Figure 4 Stretch: 30s each side</div><div>Quadricep Stretch: 30s each side</div></div></div></div></div></div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>Rest day</div></div><div><div><div></div><div>Rest day</div></div></div></div></div></div></div>	

EMOMS (Bodyweight & bands for travel)

[Edit](#)

Bodyweight & bands EMOMS using traditional strength training exercises for quick 20-30 minute exercises

Workouts

Truncate

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
<div><div><div><div><div><div></div><div>Quad Focused: 24 Minute EMOM</div></div><div><div>Repeat 3 times:</div><div>10 lateral banded steps - each side</div><div>...</div></div></div></div><div><div><div><div><div>A) Lower Body EMOM (12 Minutes)</div><div>-Set a timer for 2 minutes x 6 sets = 12 minutes</div><div>-Every 2 minutes complete following exercises and reps and then when complete, rest for the remainder of the 2 minute set.</div></div><div><div>SUPERSET</div><div>1) Air Squats x 24 reps (controlled tempo)</div><div>2) Bodyweight Marching glute bridge x 24 reps total (controlled tempo)</div></div></div></div><div><div><div><div>B) Lower Body EMOM (12 Minutes)</div><div>-Set a timer for 1 minute intervals x 12 sets = 12 minutes</div><div>-At the top of every minute complete one exercise for reps and then when complete, rest for the remainder of the minute</div></div><div><div>Minute 1: - Bodyweight Back Lunges - 12 reps each side (controlled tempo)</div><div>Minute 2: Reverse Crunch - 12 total (controlled tempo)</div><div>Minute 3: Banded Kickback - 12 each side (controlled tempo)</div></div></div></div><div><div><div>REPEAT the above 4 times</div></div></div><div><div><div>Repeat the following 3 times:</div><div>Figure 4 Stretch: 30s each side</div><div>Quadricep Stretch: 30s each side</div><div>...</div></div></div></div></div></div>	<div><div><div><div><div></div><div>Chest & Shoulders: 30 Minute EMOM</div></div><div><div>Repeat the following 3 times:</div><div>10 arm circles - front and back</div><div>...</div></div></div></div><div><div><div><div>A) EMOM - 30 Minutes</div><div>Shoulders & Chest!</div><div>-Set a timer for 1 minute intervals</div><div>-At the top of every minute complete one exercise for reps and then when complete, rest for the remainder of the minute</div><div>-make these heavy for the lower rep range!</div></div><div><div>Minute 1: Lateral raises x 15 reps es (2011 tempo)</div><div>- use some pillows or water bottles for this</div></div><div><div>Minute 2: Incline Push up x 15 reps (2110 tempo) - use a chair or back of a sofa</div></div><div><div>Minute 3: Dips x 15 reps (2110 tempo) - use a chair</div></div><div><div>Minute 4: Banded Overhead Press x 15 reps (2110 tempo)</div></div><div><div>Minute 5: Incline Diamond Press x 15 reps (2110 tempo)</div></div><div><div>Minute 6: hold plank for the entire minute!</div></div></div></div><div><div><div>REPEAT the above 5 times to = 30 minutes</div></div></div><div><div><div>Repeat the following 3 times:</div><div>Cat-Cow: 30s</div><div>...</div></div></div></div>	<div><div><div><div><div></div><div>Glute Focused: 25 Minute EMOM</div></div><div><div>Repeat 3 times:</div><div>10 lateral banded steps - each side</div><div>...</div></div></div></div><div><div><div><div>A) Dumbbell KAS Glute Bridge</div><div>5 minute EMOM</div><div>*you can do these bodyweight or with a large water bottle</div></div><div><div>-Set a timer for 1 minute intervals</div><div>-At the top of every minute complete one exercise for reps and then when complete, rest for the remainder of the minute</div><div>-use the first 4-5 minutes as warm up sets</div><div>-the last 5-6 reps either work at your working weight or do a pyramid up making 10lb increases each minute.</div></div></div></div><div><div><div>Minutes 1-5:</div><div>Glute Bridge -for each minute complete 10 pulses and on the last rep hold for 10 seconds</div></div></div><div><div><div><div>B) Hamstring/Glute EMOM (10 minutes)</div><div>-Set a timer for 1 minutes x 10 sets</div><div>-Every 1 minutes complete following exercise and reps and then when complete, rest for the remainder of the minute before moving on to the next exercise</div></div><div><div>Minute 1: Banded Air Squat - 10 reps, controlled tempo (put a band around the knees!)</div><div>Minute 2: Banded Lateral Walk x 10 reps each direction (get low!)</div></div></div></div><div><div><div>Repeat the above 2 minutes 5 times = 10 minutes</div></div></div><div><div><div><div>C) Core EMOM (10 mintues)</div><div>Same instructions as circuit B</div></div><div><div>Minute 1: Deadbug x 10 each side</div><div>Minute 2: Mountain climbers x 20 each side</div></div></div></div><div><div><div>Repeat the following 3 times:</div><div>Figure 4 Stretch: 30s each side</div><div>Quadricep Stretch: 30s each side</div><div>...</div></div></div></div>	<div><div><div><div><div></div><div>Rest day</div></div><div><div>Rest day</div></div></div></div></div>	<div><div><div><div><div></div><div>Biceps & Triceps: 30 Minute EMOM</div></div><div><div>Repeat the following 3 times:</div><div>10 arm circles - front and back</div><div>...</div></div></div></div><div><div><div><div>A) Arms & Abs EMOM (24 minutes)</div></div><div><div>Minute 1: Banded Bicep Curls x 12 reps (2011 tempo)</div><div>Minute 2: Banded Overhead Tricep Extension x 12 (2011 tempo)</div><div>Minute 3: Banded seated row x 12 (2011 tempo)</div><div>Minute 4: Bicycle Crunch x 12 es (controlled tempo)</div><div>Minute 5: Incline Push Up x 12 reps (2011 tempo)</div><div>Minute 6: plank - hold for 1 minute!</div></div></div></div><div><div><div>REPEAT the above sequence 4 times = 24 minutes</div></div></div><div><div><div><div>B) Shoulders EMOM (6 mimnutes)</div></div><div><div>Minute 1: Banded Overhead Press x 12 reps, controlled tempo</div><div>Minute 2: Bent Over Reverse Flys x 12 reps, controlled tempo, use bands, pillows or water bottles</div></div></div></div><div><div><div>REPEAT the above sequecsne 3 times = 6 minutes</div></div></div><div><div><div>Repeat the following 3 times:</div><div>Cat-Cow: 30s</div><div>...</div></div></div></div>	<div><div><div><div><div></div><div>Glute Focused: 25 Minute EMOM</div></div><div><div>Repeat 3 times:</div><div>10 lateral banded steps - each side</div><div>...</div></div></div></div><div><div><div><div>A) Dumbbell KAS Glute Bridge</div><div>5 minute EMOM</div><div>*you can do these bodyweight or with a large water bottle</div></div><div><div>-Set a timer for 1 minute intervals</div><div>-At the top of every minute complete one exercise for reps and then when complete, rest for the remainder of the minute</div><div>-use the first 4-5 minutes as warm up sets</div><div>-the last 5-6 reps either work at your working weight or do a pyramid up making 10lb increases each minute.</div></div></div></div><div><div><div>Minutes 1-5:</div><div>Glute Bridge -for each minute complete 10 pulses and on the last rep hold for 10 seconds</div></div></div><div><div><div><div>B) Hamstring/Glute EMOM (10 minutes)</div><div>-Set a timer for 1 minutes x 10 sets</div><div>-Every 1 minutes complete following exercise and reps and then when complete, rest for the remainder of the minute before moving on to the next exercise</div></div><div><div>Minute 1: Banded Air Squat - 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