Travel Workouts

Day 1:

**Warm-up**
3-5 Minutes jog
10 x World’s Greatest Stretch (each side)
20 x Air Squat
10 x pushup
Hold Pushup plank 30 seconds then rotate side plank 10 x

A. As many rounds as possible in 5 minutes:
1. 10 push up
2. 12 Mountain Climber (each leg)
3. 15 air Squats

B. Complete 5 rounds as fast as possible:
1. 10 star jumps
2. 20 sit-ups
3. 10 Lateral Lunges (each leg)
4. 20 leg raises

C. Tabata Style (20 second on, 10 seconds rest for 8 rounds) Move from one exercise to the next in sequence, repeat once
1. Toe touch Sit-up
2. V-Up
3. Bicycle crunches
4. Hollow hold

5 Minutes Static stretching

Day 2:

**Warm-up**
3-5 Minutes jog
10 x World’s Greatest Stretch (each side)
20 x Air Squat
10 x pushup
Hold Pushup plank 30 seconds then rotate side plank 10 x

A. 5 Rounds for time
4. 10 Alligator push up (5 each side)
5. 15 Jump Squats
6. 20 sec Plank

B. 6 min AMRAP
5. 20 Mtn climber (10 ea leg)
6. 20 Ski Lunges (Later lunge, feet do not move)
7. 10 Diamond Push up
8. 10 Squat to lunge (5 ea side) (squat then lunge each leg = one rep)

C. Tabata Style (20 second on, 10 seconds rest for 8 rounds) Move from one exercise to the next in sequence, repeat once
5. Side plank right
6. Side plank left
7. Bicycle crunches
8. V-ups

5 Minutes Static stretching

Day 3:

Warm-up
3-5 Minutes jog
10 x World's Greatest Stretch (each side)
20 x Air Squat
10 x pushup
Hold Pushup plank 30 seconds then rotate side plank 10 x

A. 10 Min EMOM (every minute on the minute)
7. 10 Air squat
8. 5 Push-up
9. 10 sit-up

B. 5 Sets
9. 10 bench or chair dips
10. 20 Plank Jacks
11. 20 Mt climbers (ea leg)
12. 30 Bicycle Crunches

C. Tabata Style (20 second on, 10 seconds rest for 8 rounds) Move from one exercise to the next in sequence, repeat once
9. Cross over Jumping jacks
10. Alternating Lunges
5 Minutes Static stretching

Day 4:

Warm-up
3-5 Minutes jog
10 x World’s Greatest Stretch (each side)
20 x Air Squat
10 x pushup
Hold Pushup plank 30 seconds then rotate side plank 10 x

A. 20 min AMRAP (as many rounds as possible)
   10. 200 meter sprint
   11. 10 Burpee
   12. 10 Broad Jump
   13. 15 Pushups

B. 10-1 (10 of each, 9 of each, 8 of each……)
   13. Air Squat
   14. Ski lunge (side to side lunge in split)
   15. 20 Mt climbers (ea leg)

C. Tabata Style (20 second on, 10 seconds rest for 8 rounds) Move from one exercise to the next in sequence, repeat once
   13. V-ups
   14. Toe Touches

5 Minutes Static stretching

Day 5:

Warm-up
50 Jumping Jacks
10 x World’s Greatest Stretch (each side)
20 x Air Squat
20 Mtn Climber each leg
20 Plank shoulder touches

A. 10 rds for time:
   14. 100 meter sprint (on treadmill)
15. 15 Air Squat
16. 10 Push-ups
17. 5 Burpees

C. **For time**
   15. 100 sit-ups
   16. 80 Russian twist (40 each side)
   17. 60 Toe touches
   18. 40 Bicycle Crunches
   19. 20 V-Ups

**5 Minutes Static stretching**

---

**Day 6:**

**Warm-up**
200 m jog
10 x World’s Greatest Stretch (each side)
10 inch worms
20 Ski lunges each side
20 Plank shoulder touches

**A. 12 Minute AMRAP**
18. 10 push-up
19. 10 Mtn climber (each leg)
20. 10 Burpee
21. 10 Air Squat
22. 10 squat jumps
23. 10 V-ups

**B. Tabata Style (20 seconds work / 10 seconds rest for 8 rounds)**
20. Left elbow to right knee crunch
21. Right Elbow to left knee crunch
22. Dynamic side plank right
23. Dynamic side plank left

**Then:** 100 sit-ups for time

**5 Minutes Static stretching**

---

**Day 7:**

**Warm-up (to be done outside)**
30 ft Bear crawl – 30 ft backward bear crawl
30 ft crab walk – 30 ft backwards crab walk
30 ft high knee run – 30 ft butt kickers
30 ft lunges – 30 ft zombie walks
30 ft lateral shuffle – 30 ft back

A. **30 min jog**
- Set a timer and at the turn of each minute perform 5 air squats then continue to run for the remainder of the minute

5 Minutes Static stretching

**Day 8:**

**Warm-up**
30 seconds High Knees
30 seconds butt kickers
30 seconds air squats
30 seconds plank hold
30 seconds side plank hold L/R
*Repeat 3x*

A. Every minute on the minute for 6 minutes complete:
1. 10 air squats
2. 10 Jump Lunges
3. 3 Burpee

B. Every minute on the minute for 6 minutes complete:
1. 10 situps
2. 10 Russian twist each side

C. Every minute on the minute for 6 minutes complete:
1. 10 pushups
2. 10 Mountain Climbers each leg

5 Minutes Static stretching

**Day 9:**

**Option A:**

**Warm-up**
1 min jump rope or jumping jacks
10 x world’s greatest stretch
20 x shoulder touches from plank
30 x air squats
40 x sit-ups

5 Min AMRAP
15 air Squats
15 Mtn Climbers
15 Sit-ups
15 Push ups

rest 3 mins

5 Min AMRAP
15 jump squats
15 Mtn Climbers (foot to hand)
15 V-ups
15 Spiderman Push ups

rest 3 mins

5 Min AMRAP
15 air Squats
15 Mtn Climbers
15 Sit-ups
15 Push ups

5 Minutes Static stretching

Option B:
Warm-up
1 min jump rope or jumping jacks
10 x world’s greatest stretch
20 x shoulder touches from plank
30 x air squats
40 x sit-ups

5 Min AMRAP
15 air Squats
15 Mtn Climbers
15 Sit-ups
15 Push ups

rest 3 mins

5 Min AMRAP
15 air Squats
15 Mtn Climbers
15 Sit-ups
15 Push ups

5 Minutes Static stretching

Day 10

Option A:

Warm-up 2x
20 Jumping jacks
20 air squats
20 pushups
20 Mtn Climbers (ea)

*work for 40 sec then rest for 20 until all the works is completed

100 Air squats
80 sit-ups
60 mtn climbers (ea)
40 push ups
20 Burpees

5 Minutes Static stretching

Option B:

Warm-up 2x
20 Jumping jacks
20 air squats
20 pushups
20 Mtn Climbers (ea)

*work for 30 sec then rest for 30 until all the works is completed

60 Air squats
50 sit-ups
40 mtn climbers (ea)
20 push ups
10 Burpees

5 Minutes Static stretching