

FREE

FMU
FITNESS

VACATION

WORKOUTS

#FITNESSNEVERSTOPS

When I'm on vacation I workout more than usual! There's no work. No stress. Wake up early and get your day started off right so you can earn that relaxation! On any given day, pick one of the following (*note: run 1 and 2 can be done on same day as bodyweight or dumbbell workout). Have fun and get after it. -Coach Theo

3 Running Workouts (pick one)

Run 1 (sprint interval work) :30/:90's	Run 2 (medium interval work) 3 Minute Drills	Run 3 (slow and steady work)
<ul style="list-style-type: none"> • Sprint for :30 seconds. • Walk rest for :90 seconds. • Repeat 8 rounds. 	<ul style="list-style-type: none"> • Run fast for 3 minutes. • Jog or walk for 3 minutes. • Repeat 6 rounds. 	<ul style="list-style-type: none"> • Run at conversation pace for 25-35 minutes.

2 Bodyweight Workouts (pick one)

Bodyweight Incinerator workout 1 (:15/:7 intervals)	Hardcore Bodyweight workout 2 (:40, :45, and :50 intervals)
<p>Click for workout description and video highlights</p>	<p>Click to Watch Video Explanation</p> <p>Go through each exercise consecutively, for a total of three rounds. Round 1 :40/:20; Round 2 :45/:15; Round 3 :50/:10</p> <p><u>Circuit 1:</u> Reverse lunge high kick Froggies High knee/mountain climber combo Sit outs</p> <p><u>Circuit 2:</u> Walking pushups Squat criss-cross Lunge pulses (L) Lunge pulses (R)</p> <p><u>Circuit 3:</u> Burpees Plank ups Skaters Single leg hinge hops</p>

	<u>Ab circuit</u> Plank Sky walkers Knee tucks
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1 DB Total Body Workout (pick one)

10 Minute Amraps (as many rounds as possible)			
<ul style="list-style-type: none"> • Set the clock to ten minutes. • Do as many rounds as you can in 10 minutes, moving from one exercise to the next in each circuit, with little to no break in between. • Rest for 1 minute before moving on to the next circuit. 			
Circuit 1	Circuit 2	Circuit 3	Circuit 4
<ul style="list-style-type: none"> • Bench press 12 reps • Piston shoulder press 24 total reps • Bodyweight jump squats 24 reps 	<ul style="list-style-type: none"> • Dumbbell rows 12 reps per arm • DB Bicep curls 16 reps • Goblet squats 16 reps 	<ul style="list-style-type: none"> • Kneeling air rows 20 reps • Bent over back fly's 20 reps • Walking lunges 24 reps 	<ul style="list-style-type: none"> • Single leg bridges 20 reps per leg • Atomic mans (with dumbbells: burpee curl press) 12 reps • Toe touch sit ups 12 per side

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