



# Stay Strong Traveler – Hotel Room & Treadmill Burners

## Hotel Room Bodyweight Burner

### Traveler Mode:

2 minutes high knees in place

8 pushups

12 squats

15 sit-ups

5 burpees

Repeat as many rounds as possible in 15 minutes

### Warrior Mode:

2 minutes mountain climbers

15 pushups

20 jump squats

20 V-ups

10 burpees

Repeat as many rounds as possible in 15 minutes

### StayStrong Tips:

Traveler Mode = Controlled discipline. Warrior Mode = Tactical intensity. Both move you forward.

HOTEL POOL AREA EMPTY? Use the deck. Sunlight, silence, sweat...no excuses.

## Treadmill Power Walk

### Traveler Mode:

Walk easily for 2 minutes to warm up.

Walk briskly at a comfortable but challenging incline.

Maintain a pace where you can still hold a conversation.

Cool down with an easy walk for the final 2 minutes.

### Warrior Mode:

Walk easily for 2 minutes to warm up.

Push the incline as high as you can sustain.

Breathe hard, use strong arm swings, short broken conversation.

Cool down with an easy walk for the final 2 minutes.

### StayStrong Tip:

Let effort guide you, not numbers.

Some days you're a Traveler. Some days you're a Warrior. Both build resilience.