



Stay Strong Traveler – Workout 1

Workout 1 – Full-Body Durability Flow

Warm-Up (Zone 2 – 5 min)

- 2 rounds:

- 30 sec High Knee March or Jog in Place
- 30 sec Jumping Jacks or Arm Circles
- 30 sec World's Greatest Stretch (each side)
- 30 sec Deep Bodyweight Squat Hold
- 30 sec Standing Hip Openers

Mobility & Stretch (5 min)

- 5 Inchworms to Cobra
- 10 Bird Dogs (each side)
- 10 Thoracic Wall Slides
- 60 sec Couch Stretch (each side)
- 10 Cossack Squats (controlled)

Traveler Mode:

- 3 Rounds:

- 10 Bodyweight Squats
- 8 Push-Ups
- 10 Glute Bridges
- 10 Alternating Lunges
- 30 sec Forearm Plank

Warrior Mode:

- 15-min AMRAP:

- 5 Jump Squats
- 10 Hand-Release Push-Ups
- 10 Walking Lunges (each leg)
- 5 Burpees
- 30 sec High Plank Hold

Meditative Theme: Stillness Builds Power

Focus: Calm isn't passive—it's tactical.

Close your session with nasal box breathing and repeat:

"Calm is my advantage."



Stay Strong Traveler – Workout 2

Workout 2 – Strength Density Blast

Warm-Up (5 min)

- 3 min Brisk Walk or March in Place
- 2 min:
 - Standing Leg Swings
 - Arm Circles
 - Standing Toe Reaches

Mobility & Stretch (5 min)

- 5 Inchworms with Shoulder Tap
- 10 Standing Hip Circles
- 30 sec Deep Squat Hold
- 10 Thoracic Wall Slides

Traveler Mode (EMOM – 15 min):

Rotate Each Minute:

- 10 Goblet or Air Squats
- 8 Bent-Over Rows (or Wall Slides)
- 20 Mountain Climbers
- 8 Tempo Push-Ups (3-sec down)
- 40 sec Plank Hold

Warrior Mode (EMOM – 20 min):

- 10 DB Thrusters or Jump Squats
- 10 Renegade Rows or Alt Plank Pulls
- 12 Push-Ups
- 10 Weighted Reverse Lunges (each leg)
- 30-sec Hollow Hold or Plank Reach-Outs

Meditative Theme: Presence Over Perfection

Focus: Win today by showing up fully.

Close with 2 minutes of nasal breathing.

Mantra: "Effort > Outcome."



Stay Strong Traveler – Workout 3

Workout 3 – Engine & Focus Burner

Warm-Up (Zone 2 – 5 min)

- 2 rounds:

- 20 sec Butt Kicks
- 20 sec Fast-Foot Shuffle
- 20 sec Bear Crawl Hold

Mobility & Stretch (5 min)

- 10 World's Greatest Stretch (5 per side)
- 10 Cat-Cow Flow
- 60 sec Wall Calf Stretch
- 10 Glute Bridges

Traveler Mode:

4 Rounds (60 sec rest between):

- 10 Air Squats
- 8 Push-Ups
- 10 Alt V-Ups
- 20 sec Wall Sit
- 10 Glute Bridges

Warrior Mode (15-min AMRAP):

- 12 Jump Lunges
- 10 Push-Ups
- 8 Burpees
- 30 sec Wall Sit or Plank
- Sprint Hallway or 20 Step-Ups on Chair

Meditative Theme: Gratitude Is Fuel

Focus: Honor your ability to train.

Close eyes. Name 3 gratitudes:

1 physical, 1 personal, 1 professional.

Let them power your mindset for the day.