



## Travel Workouts

Tips for travel workouts:

- These workouts don't have to be done in order, just pick one each day.
- Remember to warm-up a little before you start. Take 5-10 minutes and do some mobility/stretching/calisthenics.
- If you are short on time, do a workout anyhow...just see how far you can get in 10 or 15 minutes and then stop.
- No AbMat for sit-ups? Use a folded towel under your lower back instead.
- If you have access to a pull-up bar, you can do pull-ups in place of push-ups for any workout.

“Blackjack”

For time:

14-13-12-11-10-9-8-7-6-5-4-3-2-1 reps of Push-ups

1-2-3-4-5-6-7-8-9-10-11-12-13-14 reps of Sit-ups

**Time:** \_\_\_\_\_

AMRAP 15 minutes:

5 Burpees

10 Push-ups

15 Squats

**Rounds:** \_\_\_\_\_

For time:

50 Burpees

**Time:** \_\_\_\_\_

Every minute, on the minute (i.e. start each round at the top of the minute...if you finish before the minute is up, the rest of the minute will be rest):

2 Burpees

4 Sit-ups

6 Squats

Continue until you are unable to complete the round within the minute.

**Rounds:** \_\_\_\_\_

5 rounds, for time:

50 feet walking lunge (about 15 steps)

7 Burpees

**Time:** \_\_\_\_\_

3 rounds, for time:

30 second plank hold (hold the top of the push-up position, on your toes)

25 Squats

**Time:** \_\_\_\_\_

AMRAP 15 minutes:

5 Push-ups

10 Squats

15 Sit-ups

**Time:** \_\_\_\_\_

“Tabata”

Pick one exercise (push-ups, sit-ups, squats, etc.) and perform and complete 8 rounds of:

Max reps in 20 seconds

Rest for 10 seconds

The workout will be exactly 4 minutes long. For a longer workout, do two, three, or four “Tabata’s” back to back.

**Time:** \_\_\_\_\_

25-20-15-10-5 reps, for time

Walking lunge steps

Sit-ups

**Time:** \_\_\_\_\_

4 rounds, for time:

400 meter run (or run for about 2 minutes if you can't measure the distance)

25 Squats

**Time:** \_\_\_\_\_

Max squats in two minutes

Rest

Max push-ups in two minutes

Score is total squats + push-ups

**Reps:** \_\_\_\_\_

For time:

15 Steps walking lunge

15 Push-ups

15 Sit-ups

12 Steps walking lunge

12 Push-ups

12 Sit-ups

9 Steps walking lunge

9 Push-ups

9 Sit-ups

6 Steps walking lunge

6 Push-ups

6 Sit-ups

**Time:** \_\_\_\_\_