



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:

20-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1 reps of Push-ups

1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20 reps of Sit-ups

Time: _____

AMRAP 15 minutes:

5 Burpees

10 Push-ups

15 Squats

Rounds: _____

For time:

100 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):

3 Burpees

6 Sit-ups

9 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) – if you can find a weight or heavy object, hold it overhead while doing your lunges

21 Burpees

Time: _____

3 rounds, for time:

30 second handstand hold against a wall (you may break it up into 2x15s or 3x10s)

50 Squats

Time: _____

AMRAP 15 minutes:

5 Handstand push-ups (scale by places a book or towel under your head to shorten the range of motion)

10 One-leg squats (use a pole or counter for balance and scaling if needed)

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: _____

50-40-30-20-10 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)

50 Squats

Time: _____

Max squats in two minutes

Rest

Max push-ups in two minutes

Score is total squats + push-ups

Reps: _____

10 rounds for time:

30 second handstand hold against a wall

30 second L-sit hold ; scale to tuck sit if needed (you can do these on the floor or between two chairs)

Break up as needed, i.e. 3x 10 sec holds of each exercise

Time: _____

For time:

100 feet walking lunge (about 30 steps)

21 Push-ups

12 Sit-ups

100 feet walking lunge

18 Push-ups

18 Sit-ups

100 feet walking lunge

15 Push-ups

15 Sit-ups

100 feet walking lunge

12 Push-ups

12 Sit-ups

100 feet walking lunge

9 Push-ups

9 Sit-ups

100 feet walking lunge

6 Push-ups

6 Sit-ups

Time: _____