



SIMPLE TRAVEL WORKOUT

For the following workout, aim for 4-8 rounds (based on time available and energy), and 20 reps of each exercise.

If it's a single side exercise I'm talking 20 each side.

Rest for 10-60 seconds between rounds, rest time is only as needed!

I've even included descriptions as a few of these exercises are not in your videos for your sculpting sessions. And that way you can do this workout while on the go using just this PDF!

A1: Squat jumps (*as deep as possible and as high as possible*)

A2: Mountain climbers (*get into a plan position on the ground, on your hands and toes face down. Basically you crawl like spiderman up and down the room or garden. This does work best on a longer stretch like a hallway or garden, but you could go back and forth in your hotel room if you refuse to take it outdoors! Move your right hand left leg forward, and then your left hand and right leg. You'll work your legs and your core*)

A3: Bodyweight renegade rows (*again face down – your core is really going to work today! – keep your back straight and lift one hand off the ground. Pull your shoulder blade back and then 'row' your arm back, imagining you were pulling a dumbbell to your armpit'. Release slowly then change hands*)

A4: Side plank (*Balance on the side of one foot, the other foot on top, at the same time resting on one forearm. Your supporting arm is bent and your body is in a straight line. Keep your head straight. If it's too easy, lift your top leg and arm to make a star. **Hold for 60 seconds each side.***)

A5: Burpee-push-ups (*Face down on hands and toes. 'Jump' both feet in to meet your hands and then jump up into the air. Quickly squat back down, feet near your hands and hands on the ground. Jump your feet back out, do a push up on toes or knees. Repeat.*)



A6: Alternate side lunges (*Take a medium step to the side. Bend the outside knee and sit your butt down toward that knee. It's kind of a cross between a squat and a lunge. Your other leg stays almost straight. Go down as far as you can, keeping your chest and eyes up).*

A7: Full body plank (*On your forearms and toes, hold for 60-120 seconds!*)

Enjoy! And remember that if you do miss a workout or two while travelling, the world won't end.