

Travel Workout



Travel Workout

	Exercise	Notes	Set 1		Set 2		Set 3	
			Reps	Weight	Reps	Weight	Reps	Weight
Warm-Up	Jumping jacks/ Jogging In Place (High Knees)	Do each each one right into the next.	60secs		60secs		60secs	
	Push-ups	Regular, Feet on floor hands on seat of chair or table, Hands on floor, feet up on chair	15/ position		15/ position			
	One Arm Rows	Using a chair or desk, row using suitcase, one arm/side at a time	45secs		45secs			
Workout	Dips	Feet onto bed, hands on edge of chair, face the bed, body drops down between the chair and bed	20		20			
	Lunges	Alternate stepping forward and back on each leg	10/leg		10/leg			
	Lunge Arm Hold	Lunge forward, with book or something of moderate weight held in hands arms straight forward, elbows straight, keep arms up	10/leg					
	Squat Thrusts		60secs					
	Wall squats	Lean against wall in deep squat position and hold, circling arms with them straight out or out to the side clockwise and counter clockwise	90secs					
Cool Down	Abdominals	Sit ups, Reverse crunches, Side Bends, Leg Lifts, Isolated Crunches, Back Extensions	20/ exercise					
	Stretch							