



Travel Workout – Outdoor

Four Corners – Find an area such as a field or track where you can distinguish 4 corners or places to do stations

Run around your area and do the following exercises at each corner

- 1) 15 Star Jumps
- 2) 15 Burpees
- 3) 15 Sit Ups
- 4) 15 Push Ups 2 Squat Thrusts

Complete 3 Laps

Countdown Circuit

50 Jumping Jacks

Lunge about 30 yards and run back

45 Squats

High Knees about 30 yards and run back

40 Crunches

Butt Kickers about 30 yards and run back

35 Leg Lifts

Broad Jump about 30 yards and run back

30 Jumping Jacks

Lunge about 30 yards and run back

25 Squats

High Knees about 30 yards and run back

20 Leg Lifts

Butt Kickers about 30 yards and run back

15 Jumping Jacks

Broad Jump about 30 yards and run back

10 Squats

Lunge about 30 yards and run back

5 Triple Jacknifes

High Knees about 30 yards and run back