



Travel Workout – Indoors

Circuit 1 – 3 Rounds Total

- 10 Triple Jackknife Sit Ups
- 10 Dive Bomber Push Ups
- 30 Glute Marches
- 20 Donkey Kicks each leg

Circuit 2 – 3 Rounds Total

- 50 Frog Squats
- 50 Russian Twists
- 1:00 Rope Climbers

Circuit 3 – 3 Rounds Total

- Crab Walk around the whole room
- 40 Bicycle Sit Ups
- 15 Shoulder Push Ups