



Travel Workout – Indoors

Circuit 1 – 3 Rounds Total

20 Push Ups

15 Dips

25 Knee Strikes on each leg

Circuit 2 – 3 Rounds Total

20 Supermans

40 Bridges

60 Crunches

Bear Crawl around the entire room

Circuit 3 – 3 Rounds Total

10 Swing Lunges on each leg

15 side plank ups on each side

Hold the Plank for as long as you can!