



Travel Workout – Gym

Bench Press – 3 sets of 10 reps – 1 min of cardio after every set

Back Rows – 3 sets of 10 reps – 1 min of plank after every set

Leg Press – 3 sets of 10 reps – 1 minute of cardio after every set

Lat Pulldown – 3 sets of 10 reps – 1 minute of plank after every set

Bicep Curls – 3 sets of 10 reps – 1 minute of cardio after every set

Tricep Pulldown – 3 sets of 10 reps – 1 minute of plank after every set