



Travel Workout – Outdoor

Tabata (20 seconds exercise/10 seconds rest) 4 Rounds Total

Split Squat Jumps

Plank Jacks

Circuit 1 – 3 Rounds Total

30 Jumping Jacks

25 Squat Jumps

20 Suicides

Run (about 50 yards and back)

Circuit 2 – Set a timer for 15 minutes and get as many rounds as possible

3 Plank Ups (on each arm)

6 Burpees

Run to bench or curb and do 9 step ups on each leg and run back

Maniacs – 3 Rounds Non-Stop!

10 seconds High Knees

10 seconds Sprint

10 seconds Mountain Climbers