



Travel Workouts

We want to support your fitness goals even when you're away from the gym. If you complete one of these workouts, be sure to share and tag us on social media so we can cheer you on!

EQUIPMENT

Single Leg Showdown - 5 Rounds

8-10 Step Ups per leg (DB or BW/Box or Stair)

8-10 Single Leg Dumbbell Deadlifts

HIIT IT – 3 Rounds

10 Dumbbell Thrusters

20 Dumbbell Hang Cleans

30 Alternating Lunges (Dumbbells in front rack)

1 Minute of Jump Rope

30 Sec of rest

Legs & Butt Pump

27-21-18-15-12-9-6-3

DB Squats in Front Rack

Glute Bridges

Let's Dance – 15 Minute AMRAP

10 KB/DB Swings

1 Squat

1 Lunge per leg

20 KB/DB Swings

2 Squats

2 Lunge per leg

30 KB/DB Swings

3 Squats

3 Lunge per leg

(Reps: KB/DB Increase by 10, Squats & Lunges by 1)

Handstand Helen - 3 Rounds

400M Run

21 Dumbbell/KB Swings

12 Handstand or Pike Push Ups

“DB Go Time” – 3 Rounds

30 Single DB Swings

30 Sit ups

30 Double DB Push Press

30 Sit ups

30 Double DB Deadlift

Faux Jackie – For Time

800M Run

50 Dumbbell Thrusters

30 Push Ups

NO EQUIPMENT

Everybody Say “Jump Jump” – 4 Rounds

2 minutes of Jumping Jacks

50 Jumping Air Squats

“Just K.I.S.S.” – 10 Rounds

(Any cardio: bike/row/ski)

30 sec jog

20 sec fast run

10 sec sprint

30 sec rest (walk)

Squats and Push-ups For Time

20 Squats

1 Push up

19 Squats

2 Push ups

18 Squats

3 Push ups

17 squats

4 Push ups

16 Squats

5 Push ups

15 Squats, Etc.

End with 1 Squat/20 Push Ups

Chip Away At It – 2 Rounds

50 Mountain climbers

40 Sit ups

30 Burpees

20 Push ups

10 Jump Squats

ABS ABS ABS – For Time

20 Heel Touches/Side

20 V-Ups

20 Heel Touches/Side

50 Sit ups

50 Flutter Kicks (25/leg)

50 Russian Twists (25/side)

Animal Crawl - 15minute AMRAP

50m Bear Crawl
50 Jump Rope
50m Crab Walk
50 Jump Rope
50m Inch Worm
50 Jump Rope

5 Rounds For Time

Run w/ high knees for 15 seconds
Drop and do 5 push-ups
Run w/ high knees for 15 seconds

Chipper For Time

100 jumping jacks
75 squats
50 push-ups
25 burpees

4 Rounds For Time

400M Run or 2 Minutes
50 Air Squats

1 Mile Run on Every Minute

20 Air Squats or 30 Lunges or 10 Push-ups

Tabata Fun

(20 Seconds On/10 Seconds Rest for 8 Rounds/movement)

Air Squats
Push-ups
Sit-ups
Burpees

Tabata Bottom Air Squats

8 X 20 Second Air Squats – 10 Second Bottom Squat Hold
Then 1 Mile Run

For Time

21-18-15-12-9-6-3

Push-ups, Sit-ups*

100 ft Lunge before each set of 21/18... push-ups/sit ups

10 Rounds

30 Second Plank

30 Second Bottom Squat Hold

30 Second Hollow Hold

“Head Over Heels”

Spend a total of 5 Minutes in:

Handstand/Headstand/Pike Push-Up Hold *

*No more than 1 minute in Handstand

L-Sit Challenge

10 Rounds – Hold for 10 Seconds

Burpees For Time

50 or 100 Reps

“Did You Say Jump?” - 5 Rounds

5 Vertical Jumps

5 Air Squats

5 Broad Jump