

10 Travel Client Workouts

WO#1

Complete 4 sets of the following exercises

100 Jump Rope
25 Push ups
15 KB Goblet Squats
100 Rope - Double Up Downs
25 Pull ups
15 KB Olympic Deadlifts
50 Alternating Bicycles (25 each side)

WO#2

Complete 4 sets of the following exercises

30 Split Squats (15 each leg)
10 Burpees
30 Speed Reverse Lunges (15 each leg)
10 Lateral Push ups (5 left; 5 right)
30 KB Swings

WO#3

10 Intervals – Sprint 25 yards; Jog 25 yards

WO#4

Humane Burpee
15 KB Swings
10 KB Goblet Squats
10 Push ups
10 Deadlifts
10 Rowers

(Squats, Push ups, Deadlifts and Rowers decrease by one every set)

WO#5

Complete 5 sets of each exercise in order for 30 seconds each.

KB Swings
Jump Rope
KB Goblet Squats
Running Man (run in place)
KB Swings
Jump Rope
KB Deadlifts
Running Man (run in place)

note - keep the rest to under 10 seconds between exercises and 30 seconds between sets.

WO#6

Complete 4 sets of each exercise in order for the reps listed.

20 MB Squat - Push - Press
20 Push ups
20 SB Hip Rolls (10 each side)
20 SB Leg Curls
20 TRX Body Weight Rows
20 SB Passovers

WO#7

Complete 4 sets of each exercise in order for the reps listed.

30 Walking Lunges (15 each side)
20 Aero Bench Pushups - Up and Overs (10 each side)
15 KB Deadlifts
20 Pullups
10 Box Jumps (12in box)
5 Box Jumps (18in box)

WO#8

Complete 5 sets of each exercise in order for 30 seconds

Speed Squats
Push ups
Reverse Lunges
Elbow Plank to Push Up Plank
Split Squats
Pull Ups
Rowers

WO#9

Complete each exercise 30 seconds; 5 sets

Speed Squats

T-Push ups

V ups

Speed Reverse Lunges

Bat Wings

Hanging Leg Raises (alternate knees to elbow)

WO#10

Complete each exercise 60 seconds; 3 sets

1- Jump Rope

2- Push ups

3- Bat Wings

4- Alternating Bicycles

5- Speed Reverse Lunges

6- Cone Drill Lateral/Side to Side (cones 12 feet apart)

7- Rope Alternate Up-Downs

8- MB Slammers

9- Aero Bench Up and Overs

10- Burpees