

# CHALLENGE WORKOUTS

**10 Do Any Where**  
Workouts to Take on the Road



Welcome,  
Guess what? I travel a lot but I rarely miss a workout. I'll bet you're the same.

If you travel, you still want to train.

That's just how we roll.

So having some 'go to' travel workouts in your back pocket will help you fit a workout in where ever you find yourself. (Even if it means you're stuck at home without a car or with sick kids or what have you...)

I've kept workouts to less than 30 minutes including the warm up and cool down. I believe this to be a reasonable amount of time to commit to training and still get amazing results.

For the most part, I've tried to keep equipment to a minimum. If you're in a hotel gym, you may find a few dumb bells. Sadly, you'll usually find a combination of a few treadmills, a deflated stability ball and mis-matched dumb bells ;)

If you're lucky, you'll find more, but just in case, these workouts will equip you enough to manage with sorry hotel gym equipment or many can be done in your hotel room.

I must say that my Gym Boss timer and my jump rope are constant companions on any road trip for me. I guard my jump rope like my passport, (well, not quite, but I'm pretty attached to it). You can use a Gym Boss timer ([www.Gymboss.com](http://www.Gymboss.com)) or any timing app on your Smart phone to help you with the timed sets.

Don't let travel or holidays get in the way of doing challenging workouts.

Bodyweight workouts can be a challenge, however, you may find that these workouts are a little *less intense* than many of the challenge workouts I normally provide. Your body can use a bit of a break and these workouts will help *maintain* your fitness level. You'll feel great and you'll be ready to jump back full force with your MOST challenging workouts upon your return to your regular workout routine.

Let's get started...

### Disclaimer:

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

### Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises. Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

## Body Weight Warm Up/Cool Down

A warm up is imperative to ensure that you don't get hurt. You need to spend 3-5 minutes doing the following or something similar. Do 20 seconds of each exercise:

- Arm circles (forward/backward)
- Partial squats (increase depth each set)
- Jumping jacks
- Modified push ups
- Bicycle crunches
- Plank hold

Repeat twice

**Cooling down** is one of the best parts of working out. Don't skimp on it. Give yourself 3-5 minutes to stretch out using some basic stretches as listed below (see the exercise library for pictures). Make sure to hold each stretch 15-30 seconds, add your own favorite stretches.

- Hamstring hold
- Glute Stretch
- Quad stretch
- Lying torso stretch
- Child's pose
- Lat stretch from child's pose
- Downward facing dog
- Tricep stretch
- Standing torso stretch

## **Body Weight Workouts**

These workouts can be done in your hotel room. All you need is your body weight, a bit of space, a chair, a timer and some motivation.

### **Workout #1 Crazy Core in Your Hotel Bathroom**

Warm up

Do 10 timed tri-sets:

- Push up 20 seconds (rest 10 seconds)
- Bicycle crunch 20 seconds (rest 10 seconds)
- Mountain climber 20 seconds (rest 10 seconds)

Repeat for a total of 10 tri-sets

Cool down

### **Workout #2 Hotel Room Hot Mess**

Warm up

This is a countdown set.

Do 10 of each exercise, then 9 of each exercise, then 8 etc. For example:

- 10 burpees
- 10 push ups
- 10 squat jumps
- 10 mountain climbers
- 10 bicycle crunches

30 second wall sit recovery

- 9 burpees
- 9 push ups
- 9 squat jumps
- 9 mountain climbers
- 9 bicycle crunches

30 second wall sit recovery

Your last set will be:

- 1 burpees
- 1 push up
- 1 squat jump
- 1 mountain climber
- 1 bicycle crunch

30 second wall sit recovery

Cool down

### **Workout #3**

#### **What Can You Do With a Chair?**

Warm up

You will do 3 sets of the following exercises. You will count reps to do:

Set 1: 20 reps each exercise

Set 2: 15 reps each exercise

Set 3: 10 reps each exercise

Here are the exercises:

- Bench step
- Bulgarian split squat (weak)
- Bench step
- Bulgarian split squat (strong)
- Squat jump
- Incline push up
- Chair dip (tricep dip)
- Bicycle crunch
- Burpees

Cool down

## **Workout #4**

### **Count It Down**

Warm up

Do 30/20/10 reps of each exercise.

Set 1

Push up 30 reps

Spider crawl 20 reps

Mountain climber 10 reps

Set 2

Reverse lunge left 30 reps

Squat jump 20 reps

Get ups 10 reps

Set 3

Reverse lunge right 30 reps

Squat jump 20 reps

Decline push up 10 reps

Set 4

Wall stick ups with wall sit 30 reps

Burpee 20 reps

Lateral lunge 10 reps each side

Repeat circuit 2 times

Cool Down

## **Workout #5**

### **Up n Down**

Warm up

Do 10 reps of each exercise:

- Burpees
- Squats
- Swing lunge right leg
- Swing lunge left leg
- Triple stop push up
- Mountain climber
- Plank hold 30 seconds

Repeat five times

Cool Down

## **Workout #6**

### **Burpee Pull Up**

Warm up

Do a countdown set for burpees and a count up set for pull ups. Combine this with a constant set of push ups. Rest when needed. This is how the first two sets will look:

1a- 10 burpees  
1b – 1 pull up  
1c – 10 push ups

2a- 9 burpees  
2b – 2 pull ups  
2c – 10 push ups

Continue this pattern until this is your last set:

10a – 1 burpee  
10b – 10 pull ups  
10c – 10 push ups

\*If no pull up bar is available, do a bent over row with something heavy eg. A suitcase, or do wall stick ups.

Cool down

## **Workout #7**

### **Count By 5's**

Warm up

Repeat the following set as many times as you can in 20 minutes.

1 – 5 pull ups (or variation like assisted pull up) OR if you have no pull up bar, do a bent over row with anything you can find that's heavy, eg suitcase OR do wall stick ups  
2 – 10 burpees  
3 – 15 jumping lunge (per leg) (or reverse lunges)  
4 – 20 push ups (modified push up)  
5 – 25 bodyweight squats

Alternatively, if you don't want to count reps, repeat this circuit 5 times using a Gymboss timer and 30 seconds of work with a 5 second transition.

Cool down



**Workout #8**  
**Lucky #7**

Warm up

Do this workout AMRAP style. Put 20 minutes on the clock and go:

- 7 squat jumps (squats)
- 7 decline push ups (regular or modified push up)
- 7 (per leg) bicycle crunch
- 7 (per leg) jumping lunges (reverse lunge)
- 7 pull ups (assisted pull up)

Cool down

**Workout #9**  
**Love the Ladder**

Warm up

You will count up with burpees, push ups and bodyweight squats. The pattern will look like this:

1 burpee, 2 push ups, 3 bodyweight squats  
2 burpees, 4 push ups, 6 bodyweight squats  
3 burpees, 6 push ups, 9 bodyweight squats  
4 burpees, 8 push ups, 12 bodyweight squats  
5 burpees, 10 push ups, 15 bodyweight squats

Plank hold for one minute

Repeat the ladder, but count down:

4 burpees, 8 push ups, 12 bodyweight squats  
3 burpees, 6 push ups, 9 bodyweight squats  
2 burpees, 4 push ups, 6 bodyweight squats  
1 burpee, 2 push ups, 3 bodyweight squats

Cool down

**Workout #10**  
**Ass N Abs**

Warm up

Set your timer for 30 seconds of work with a 5 second transition. Do 5 rounds:

- Reverse lunge (add jump to intensify)
- Bulgarian split squat left
- Bulgarian split squat right
- Lateral lunge (right/left counts as one)
- Front plank
- Bicycle crunch
- X body mountain climber

Cool down

## **Hotel Gym Workouts**

These workouts can be done in most basic hotel gyms. All you'll need is a bit of space, a bench, some dumb bells, a jump rope, a pull up bar, a treadmill.

**Workout #1**  
**A Little of Everything**

Warm up

Do 30 seconds of work with a 5 second transition between exercises:

- Pull up or assisted pull ups
- Push ups
- DB lateral raise
- Weighted reverse lunge
- Squat jump
- Spider crawl
- Bicycle crunch

Repeat 3-5 times with minimal rest between sets

Cool Down

## **Workout #2**

### **What to Do With a Treadmill...**

Warm up

You'll need the treadmill, but not to run on. Use it to do 30 seconds or 20 reps of the following:

- Inverted row (from the treadmill handles)
- Decline push up (feet on bed)
- Incline push up (hands on bed)
- Dip (hands on high end of treadmill)
- Squat jump (beside treadmill)
- Bulgarian split squat left (rear leg on bed of treadmill)
- Bulgarian split squat right (rear leg on bed of treadmill)
- One legged calf raise left (stand with one foot on treadmill)
- One legged calf raise right (stand with one foot on treadmill)
- Burpees (beside treadmill)

Repeat three times total

Cool Down

## **Workout #3**

### **Skippin' Fool**

Warm up

Alternate 30 seconds of jump rope with:

- Pull ups or assisted pull ups
- DB renegade rows
- Wall sit (add bicep curl)
- DB bench step up left
- DB bench step up right
- Decline push ups
- Get ups
- Plank hold recovery

Repeat three times total

Cool Down

**Workout #4**  
**No Cryin Allowed**

Warm up

Set your timer for 50 seconds of work with a 5-10 second transition to do:

- Jump rope
- DB bent over row
- KB/DB/plate swing
- Superman push up
- X body mountain climber
- Plank hold recovery

Repeat three times total

Cool Down

**Workout #5**  
**AMRAP This!**

Warm up

Do as many rounds as possible of 10 reps of each exercise in 15 minutes:

- Burpees
- Renegade rows
- Mountain climbers (each leg)
- Reverse lunges (each leg)
- DB weighted squats
- Incline or decline push ups
- 50 jumps with the skipping rope

Cool Down

## **Workout #6**

### **Pull Up Punisher!**

Warm up

Set 1

Do 1 min of the following with a one minute rest in between:

- Pull up (or assisted pull up) 1 min
- One min rest
- Squat jump to pull up (or assisted pull up) 1 min
- One min rest
- Burpee to pull up (or assisted pull up) 1 min
- One min rest

Set 2

Do 30 seconds of the following with a 30 second rest in between:

- Pull up (or assisted pull up) 30 sec
- 30 second rest
- Squat jump to pull up (or assisted pull up) 30 sec
- 30 second rest
- Burpee to pull up (or assisted pull up) 30 sec
- 30 second rest

\*any assisted pull up, jump pull up, inverted or bent over row will work

Cool down

## **Workout #7**

### **12 to 1**

Warm up

Start each set with 30 reps of KB/DB/plate swing.

Then do 12 reps of each exercise.

Repeat the KB/DB/plate swings, then do 11 reps.

Follow the pattern until you do one rep of each exercise.

Here are the exercises:

- KB or DB swing 30 reps
- Burpee
- Reverse lunge (per leg) with DB's
- Decline push up
- Squat jumps

Cool down

## **Workout #8**

### **Three Times a Charm**

Warm up

Set your timer for 30 seconds of work with a 5 second transition. Start each set with 50 skips of the jump rope, then do each exercise listed. Repeat this entire set three times.

- Shoulder press squat
- Burpees
- DB lateral raise
- Alternate reverse lunge with DB's at sides (each leg)
- DB single arm row left
- DB single arm row right
- Push ups
- Get ups
- Bicycle crunch
- Spider crawl

Cool down

## **Workout #9**

### **I Can't Feel My Arms...**

Warm up

Do the following set five times through as quickly as possible with good form:

- 30 skips of the jump rope
- 15 Shoulder press squats
- 10 DB lateral raises
- 5 Renegade rows (per arm)
- 1 burpee
- 30 second plank hold (recovery)

Cool down

**Workout #10**  
**Do I Hear 500 Reps?**

Warm up

Do the following exercises, repeat the set 3 to 5 times depending on how much time you have:

- 10 burpees
- 10 renegade rows (per arm)
- 10 mountain climbers (per leg)
- 10 DB walking lunges (per leg)
- 10 DB squats
- 50 skips of the jump rope

Cool down