

Travel Workouts

10 Rounds for Time:

10 Push Ups
20 Squats

3 Rounds for Time:

1/4 Mile Run
25 Burpees

5 Rounds for Time:

30 Push Ups
30 DB Thrusters

10 minutes:

As many Double Unders as Possible

5 Rounds for Time:

25 Sit Ups
25 Supermans
50 Double Unders

3 Rounds for max reps:

(1 minute of each exercise, no rest)

Squats
Push Ups
DB Thruster

1 Round for Time:

1 mile as fast as possible

5K Run or Row

1 Round for Time:

100 Burpees

Tabata Squats

(Remember this is 8 rounds long. 20 seconds of work followed by 10 seconds of rest.)

200 Push Ups for Time

5 Rounds for Time:

10 Push Ups
20 Sit Ups
30 Squats
40 DB Swings

400 Squats for Time