CHEATSHEET

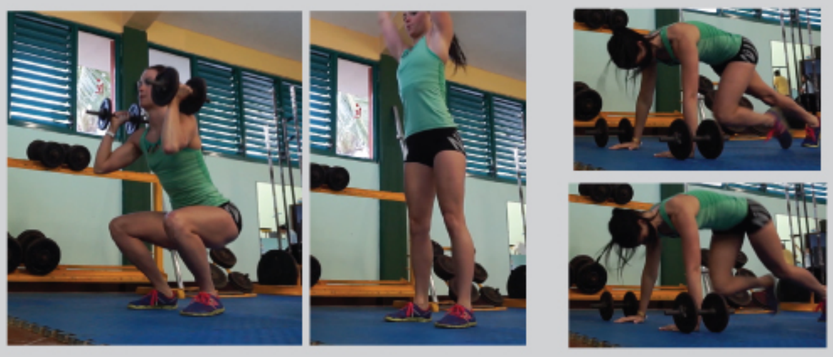
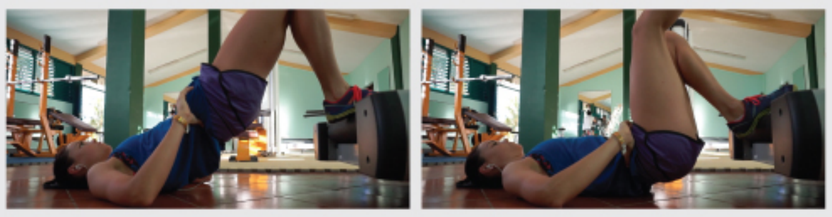
TRAVEL WORKOUT #1

Finding a decent gym with the necessary equipment when you're travelling can be difficult. Here is a great workout that you can do almost anywhere with minimal equipment!

EQUIPMENT NEEDED:

- A pair of dumbbells (not too heavy; we'll be using them for overhead pressing)
- Low incline elevation (about 8-12" off the floor would be ideal)
- Full circle resistance band (you can pack this before you travel - pick one up at almost any fitness store)
- Some kind of cardio machine (or we can run outdoors if your location allows for that)

THE WORKOUT:

EXERCISE	SETS x REPS	REST	REFERENCE
A. "EVERY MINUTE ON THE MINUTE" CIRCUIT *(at the start of each minute you will perform reps quickly and use the rest of that minute as your rest)*			
DB THRUSTERS	10	*remainder of the minute*	
MOUNTAIN CLIMBERS	15		
B1. NARROW-GRIP LOW-ELEVATED PUSH UP	5 x 15	-	*Hands stacked under shoulders; elbows tucked* 
B2. SINGLE-LEG ELEVATED GLUTE BRIDGE	5 x 15	*:45*	
C. ALTERNATING SQUAT TO LUNGE	5 x 10	*:45*	*Squat first, then step left food back for reverse lunge; then back to neutral for squat. Then right foot back for lunge. That's 1 rep.*
D1. BAND PLANK JACKS	4 x 20	-	
D2. DEAD BUG CRUNCH	4 x 20	*:45*	
E. HIIT INTERVALS	10 x :40	*:20*	*Choice of equipment; perform :40 at max speed then :20 recovery (walking, lower pace, etc.)*

LENGTH OF WORKOUT:

This should only take about 40 minutes, but it's sure to get the job done and make you sweat!

WORKOUT NOTES:

You can modify or adjust anything as needed with this plan. This is just to give you ideas and inspiration for a simple workout!

Courtney Ustrzycki is not a registered dietician or a physician, and this information should not be taken as professional medical advice. Courtney Ustrzycki shall not be liable for any damages arising from personal injury sustained while participating in any events organized by Courtney Ustrzycki. You acknowledge and agree that there are risks involved in participating in exercise. You acknowledge and agree to assume all risks of participation in the intended programs and assume all such risks by requesting entry into exercise. You hereby fully and forever release and discharge Courtney Ustrzycki from any and all claims, demands, rights of action or causes of action, present or future, whether the same be known or unknown, anticipated or unanticipated, resulting from or arising out of my use or intended use of workouts, including any claims for personal injuries or damages. The intent of document is to share the information that she knows, in hopes that the reader may benefit as well.